Better Homes and Gardens®

Touches Of Fall Decorating
Page 66

homemade & delicious

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The Best of American Home Cooking

30 'Aha!' Tips For Livable Living Rooms

10 Great Clutter Solutions

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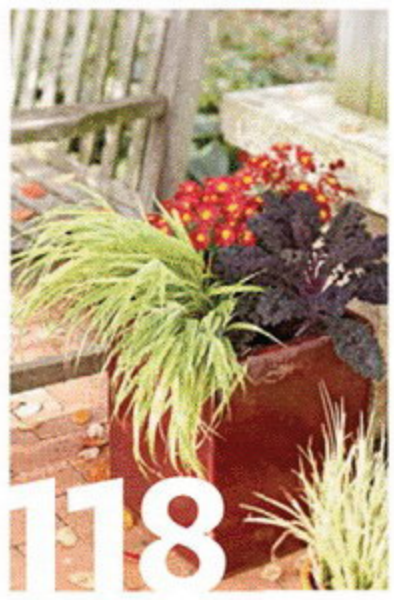

A shock of grass adds an autumn flourish to potted arrangements. Find "recipes" for great-looking grass-flower combos on *page 118*.

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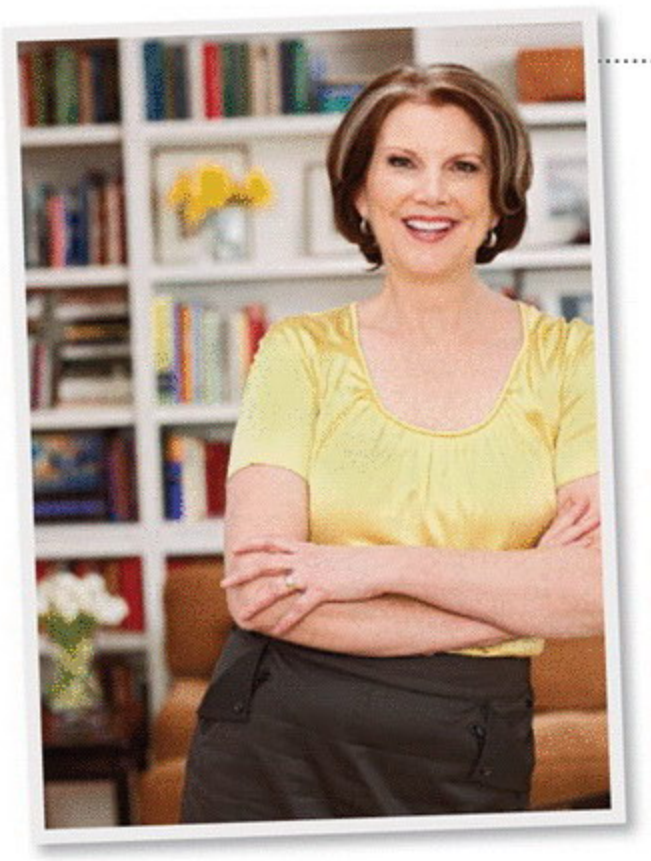
letters BETWEEN FRIENDS



Over the summer, our family vacationed in the North Carolina mountains, returning with a digital photo album full of rolling skylines and views from the Appalachian Trail. And thanks to my kids, the souvenirs also include a new genre of vacation photos—a dozen or so snapshots of plated food from restaurants we visited or meals we fixed together in our knotty pine cabin. I'm pretty sure a few of them were on Ellen's Facebook page even before the dishes were done.

Sharing of food photos, as you've likely noticed, is a huge trend in online social media and recipe-swap sites like *mixingbowl.com*. At first I had mixed feelings about Facebook postings of food. (Boring? Indulgent?) But I quickly discovered that I enjoy seeing what others are serving up. It's a simple way of celebrating the experience of good food.

And good food is an experience *worth* celebrating, both the pleasure of preparing it and the satisfaction of sharing an hour or so around the table for a delicious meal and conversation. Maybe that's why home cooking is enjoying such a resurgence as a pastime and as a way of connecting with others.

Just as television cooking shows have heated up the interest in restaurant food, farmers' markets and talented local chefs are rekindling our interest in home-cooked meals. And one of those leading the way is our contributing editor, chef Scott Peacock, whose passion is collecting authentic American recipes from hand-me-down books and locally known cooks he discovers in his travels. This month, Scott teams up with *New York Times* food writer Kim Severson to define American home cooking, 2010 style, *page 161,* and explore its roots.

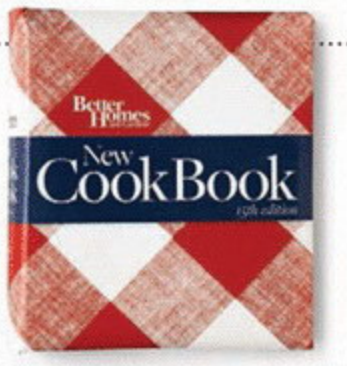
It's a different kind of story for us, but one I know you'll enjoy, along with seven truly delicious recipes curated from Scott's personal collection. In addition, we couldn't let this month pass without celebrating the 80th anniversary of our *Better Homes and Gardens New Cook Book* . We're proud that it's helped generations of women become great home cooks—including the up-and-comers on *page 170.*

And by the way: For the final day of our vacation back at home, we decided on a grand-finale shrimp-and-sausage boil, based on the Scott Peacock menu from our July 2008 issue.

Naturally, we took a picture.

Gayle Goodson Butler, Editor in Chief

Share the Plaid In honor of the four-score birthday of the *Better Homes and Gardens New Cook Book*—aka "Red Plaid," we're holding a just-for-fun contest. (Well, for fun *and* $1,000.) Take your favorite recipe from any edition of our cookbook, change it up to make it your own, and enter our "Mad for Plaid" contest. Details, *page 178.*



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letters CONNECTING

"The feature on Jayme Leffler's rental cottage, May 2010, was just delightful! She's clearly a woman who knows how to decorate, and her home is reflective of a happy, enchanted person. I've enjoyed decorating my own home and am inspired by her to keep going."

Maria Strickland, Painesville, OH

Just wanted to say thanks for the handy pull-out list of the favorite websites you featured in July's "33 Ways to Get a Great Deal," after page 64. This is great. I always think I'll write down the sites' addresses as I'm reading but never remember or have time to. Now, pulling out this insert and tucking it with my computer is so handy and time-saving. In this busy world, you are once again making our lives not just better but easier, too.

Bobette, Downingtown, PA

Speaking of time-saving ... head to our pull-out this month following page 60. *It lists websites we've come across that can help you save time in various ways: shopping, recipe-keeping, travel planning, and more.*

"33 Ways to Get a Great Deal" was the July issue's icing on the cake. I read the article twice to make sure I absorbed the great tips. I even took it to work so I could make copies for my coworkers. I can't wait to start saving on my future purchases. Thanks for another informative BHG article.

Susan Muniz

Enjoyed the article on canning in July's "Saving Summer" article. However, those new to canning should know that some widely sold waterbath canners are not recommended for flat ceramic cooktop stoves. The canners with grooves on the bottom heat unevenly and can crack the cooktop. An option is to use a large stockpot and buy a separate rack/jar lifter.

Jennifer Bradshaw, Charlottesville, IN

My son was visiting one night, and he said he wished he had a list on how to use herbs in cooking. I said I bet my *Better Homes and Gardens New Cook Book* would have one. Sure enough, when I looked, it did. I bought my book in the '60s when I was first married. It has served me well. My copy is somewhat battered, worn, and patched. The index has fallen out, but I still have it in a bulldog clip.

J. Autiero, Vancouver, B.C.

What timing! On page 170 *you'll find "Mad for Plaid," which marks the 15th edition of our* Better Homes and Gardens *cookbook and describes how four young cooks use their "Red Plaids." And be reassured that tatters and stains make this recipe book also a storybook.*

After 27 years of being a stay-at-home mother, I returned to my career. While at home, I had my own way of keeping up with the housework, but that all changed when I re-entered the workforce. I struggled with how to make my at-home time work better for me. Upon reading the article "Quick-Clean Routine" in the May issue, I was delighted and knew right off that this way of keeping my house clean could work for me.

Denise Cook

Thank you, thank you! In your July health section, you presented a factual, easy-to-understand explanation of celiac disease and gluten sensitivity. It can be very difficult to explain these issues, but your article does an excellent job. I've made copies to share with others so they will understand the seriousness of our situation and see that we're not crazy or eccentric. I hope to see more information in your magazine as this subject becomes better understood.

Gloria Gardner, Onamia, MN

Love your before-and-after pieces. Just a thought: Many of us have bought houses that have large entryways and are unsure how to decorate the wall space leading up the stairs. I'd love to see a before-and-after with several ideas.

Laurie Ernst

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STORAGE TIPS, INSPIRATION, AND MORE!

Want a tech-savvy house like the one seen on page 50? Here are some of our best tips for a media center that stores more and looks fabulous. **BHG.com/mediacenters**

Add beauty to your fall garden or landscape with the help of step-by-step container garden creations. **BHG.com/fallcontainergardens**

If you love the 30 ideas for a better family room on page 91, we've got more inspiration to create a cozy space your family will love. **BHG.com/familyroom**

We're getting ready for the holidays at BHG.com! Sign up for our 100 Days of Holiday newsletters to get our best daily ideas to wow your friends and family. **BHG.com/holidaynewsletter**

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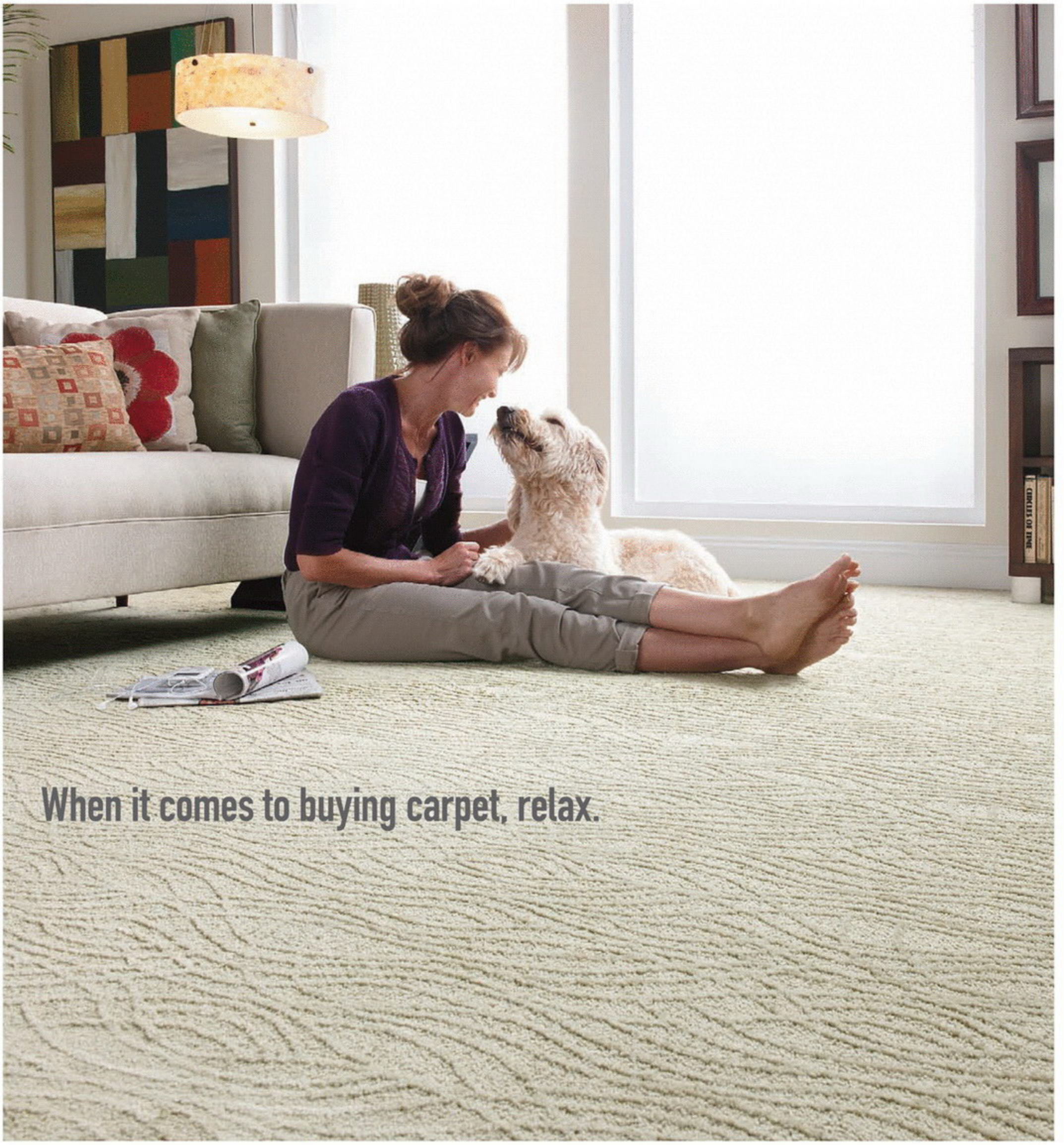

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PHOTO: HELEN NORMAN; ARRANGEMENT BY MATTHEW MEAD

Fruits of harvest Tuck fresh apples into a bouquet of red dahlias for a bountiful centerpiece. Poke twigs into the bottoms of different-size apples, then insert twig ends into floral foam in the container.

Produced by KELLY RYAN KEGANS and JESSICA THOMAS

things to do this month...

1 NEIGHBORHOOD WATCH

Roll out the welcome mat on Good Neighbor Day (September 26) and reconnect or make new acquaintances on your block. Try a neighborly gesture such as sharing something from your garden—a lovely hosta, perhaps? (Fall is a great time to divide perennials.)

2 BE DAZZLING

Hot hues have strutted right off fashion runways and into the home. Pantone's color picks for fall lend a couple of bright ideas: Boost curb appeal by painting your front door a juicy tomato red, or try this year's hottest color—turquoise—on a room accent, such as a lamp or pillow.

3 NOW AND LATER

If your tomato plants are producing fruit faster than you can say "rotten tomatoes," consider drying the excess to use in recipes. Just follow a few easy steps to oven-dry tomatoes at 250 degrees for a couple of hours. For tips and a recipe on dehydrated tomatoes, see *BHG.com/driedtomatoes*.

4 A NEW CHAPTER

No time for regular book club meetings? Go virtual. The Rumpus Book Club (*therumpus.net/bookclub*) sends you a not-yet-released-to-the-public book each month for a $25 monthly fee. Read it, then chat online with fellow members and the author. Or sign up on *VeryShort List.com* to get a gem delivered weekly to your inbox.

INDISPENSABLE: PENCIL CASES

Just write—er, right—for heading back to school, compact pencil cases hold plenty of other essentials so you don't have to waste time digging around in the bottom of your bag. "Snakeskin" vinyl pencil case (8"x2"); $8.95; *sortingwithstyle.com*

CONTRIBUTOR: SALLY FINDER; PHOTOS (PENCIL CASES) ADAM ALBRIGHT; "BARN PENDANT LAMP," STARTING AT $130; *BARNLIGHTELECTRIC.COM*

AS ROAD TRIPS GO, THIS ONE HAS BEEN

ROLLING 100 YEARS.

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more energy for people

5 to-try fall wine festivals

- **Saratoga (New York) Wine and Food Festival** (September 10–12) What's better than a primo wine and food festival? A primo wine and food festival paired with a Ferrari show. Now, that's a combo guaranteed to get your motor running.
- **Grapevine (Texas) GrapeFest** (September 16–19) The grapes are Lone Star grown and the wine is internationally known at the Southwest's largest wine festival, featuring local music acts.
- **Colorado Mountain Winefest** (September 16–19) Kelly Liken of Vail (you saw her on *Iron Chef America* and *Top Chef D.C.*) will be the headline chef for this festival, high in the Rocky Mountain town of Palisade. She'll participate in demonstrations, seminars, and V.I.P. events throughout the weekend.
- **Niagara Wine Festival** (September 17–26) Take in tastings, plus winery tours, concerts, Niagara cuisine, wine seminars, and one of Canada's largest street parades at this fest, based in St. Catharines, Ontario.
- **Chesapeake Bay Wine Festival** (September 25–26) Live music and local delicacies (think Southern barbecue and fresh crab cakes) flavor this annual celebration of great wine, in Stratford, Virginia.

60%

OF RECENT TRAVELERS SAY THEY PLAN TO TAKE MORE TRIPS THIS YEAR THAN THEY DID LAST YEAR. THIS LABOR DAY, CONSIDER THE TOP THREE U.S. DESTINATIONS FOR LONG, LEISURELY WEEKENDS: LAS VEGAS, ORLANDO, AND MYRTLE BEACH, SOUTH CAROLINA.

SOURCE: D.K. SHIFFLET & ASSOCIATES, LTD.

good fun

Rubik's Cube

The cube turns 30 this year. So maybe it's time you solved the puzzle (wink). Visit the online portal with a step-by-step solution guide. *youcandothecube.com*

good read

The Widower's Tale

Author Julia Glass spins a suspenseful, moving tale about multigenerational loyalties, family secrets, and falling in love again, all seen through the eyes of a reclusive father whose life abruptly changes at the age of 70.

good deed

Firstbook.org

Put a new, age-appropriate book in the hands of a child in need. Visit the site to select and buy a great kids' read or to make a donation in your community.

heating up

Leftovers are looking good as a thrifty answer to that eternal question: What's for lunch? In fact, 56 percent of full-time workers now brown-bag it. Do it in style (and with no health worries about the chemical BPA) with a snazzy new lunch set. Box Appetit lunch box (microwave- and dishwasher-safe), $22; *black-blum.com*. And when leftovers get a little, well, old, try the make-ahead lunch ideas at *BHG.com/easylunch*.

PHOTOS (LUNCHBOXES) MARTY BALDWIN; (WINE) GETTY; LABOR DAY RESEARCH: CITY RANKINGS FROM DKSA'S TRAVEL PERFORMANCE/MONITOR STUDY, 2009, 3-4 NIGHT STAY

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*Based on a national study among 50,000 conducted by BrandSpark International. Some participants in the survey, including Olay, paid a nominal application fee for consideration for the award. For more information, visit www.BestNewProductAwards.biz.

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call to order

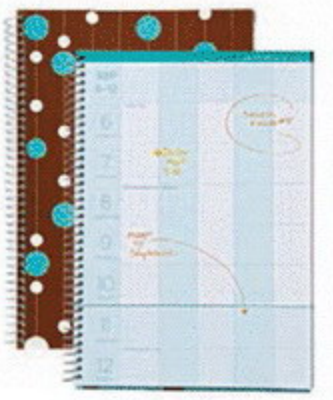
Manage your paper trail at home with these pretty *and* practical task-masters.

DIVIDE AND CONQUER This fabric-covered desk or drawer organizer keeps pens, paper clips, and other small bits close at hand. Geranium Organizer by John Derian for Target, $10 (available September 5); *target.com*

FLAG IT Keep your place in a book or magazine—or quickly find recipes you want to try—with attractive self-stick tags. $4.95 (4-pack); *girlofallwork.com*

SEEN AND NOTED Invites, swatches, and notes look pretty as a picture in a framed bulletin board. $52; *pulpproducts.com*. Use the code "BHG SHIP" for free shipping.

AT HOME OR ON THE GO Mini three-ring binders (7″x9″) are sized right to drop in your tote. $16; *russellhazel.com* for retail stores.



PENCIL ME IN Sometimes, managing a house full of schedules is better done "offline" with a family organizer. Grid planner, $17.95; *busybodybook.com*

blogged...

PENELOPELOVESLISTS.COM

"Unapologetically organized" readers snap up tips from Meredith Schwartz, aka Penelope, on an almost daily basis. For instance: "I follow the 'no-touch rule' for ridding my desk of clutter," Meredith says. "If I haven't touched something or haven't absolutely loved it after two weeks, it doesn't deserve space on my desk."

PHOTOS: (ORGANIZING PRODUCTS) MARTY BALDWIN; (PORTRAIT) DEVON JONES. MARKET EDITOR: JENNIFER CONDON

AFTER A LONG DAY OF RUNNING,
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Our furry little bundle of fury is a one of a kind. Fortunately, our Pergo flooring is too. Anything our pup can dish out, our floor can handle. It's not surprising. Nobody makes better-looking, more durable laminate flooring than the folks who invented it. And nobody is better at putting it to the test than a running, leaping, skidding puppy. Through it all, the floor looks great. Mani-Pedi or not, our overgrown pup does too. For a sample and all you need to know, visit Pergo.com.

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book it

Finally, it does compute: New notebooks pack the power you need without the weight.

College students and on-the-go professionals need more than a netbook that's only capable of surfing the Net. So we used our search function to come up with these notebooks. They all power multiple programs, have a deep memory for storing documents and projects, and weigh in around a light 5 pounds.

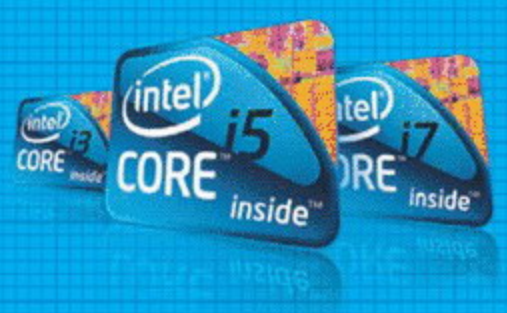
HP Altec Lansing speakers come built-in to deliver good sound. The $25 backlit keyboard option is ideal for reducing eyestrain in dimly lit rooms. HP Pavilion dv5t, $650; *hp.com/laptop*

SONY When the work is done, pop in Blu-ray discs to watch movies in high definition. Sony EB Series, $650; *sonystyle.com*

APPLE Considered entry level for Apple's line of laptops, the current Macbook features an impressive 10-hour battery, which enables you to work all day—with Wi-Fi turned on—without worrying about packing the power cord. Apple MacBook, $1,000; *apple.com*

DELL Built-in Intel Wireless Display means you can transmit images and movies from the computer to a nearby TV. Dell 14R, $600 (plus $100 for the TV compatibility); *dell.com/laptops*

BY SUZANNE KANTRA; PHOTOS: CAMERON SADGEGHPOUR



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The sign on the dock said "No Running", but it didn't say anything about prize-winning cannonballs. If this were the Summer Olympics, I would have won the gold medal. When our fingers officially turned into prunes, we got out of the water and headed back up to the house. With flip-flops in tow, we ended our perfect day the perfect way.

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core values

An old-fashioned get-together at the apple orchard celebrates fall with good friends, good food, and good fun.

by JODY GARLOCK photos HELEN NORMAN
produced by MATTHEW MEAD

Jason Hirsch and Holly Ramer's apple party has become a much-anticipated fall tradition for their son Parker and their friends and neighbors. "It's a way to celebrate a beautiful season," Jason says. "It's nothing fancy—just very old-fashioned and relaxed." The New Hampshire couple hosted their first party for a few friends nearly 10 years ago; it's grown to include about 120 guests. The get-together includes games, a tractor ride through an orchard, and dinner featuring apple dishes prepared by Jason, food editor for The Associated Press.

ON THE MENU

Crostini topped with tomato-bacon-apple jam and feta cheese, *below,* reflects Jason's approach to cooking simple, flavorful items. "I made the jam as an experiment, and it was unbelievably good," he says. His trick for entertaining: "I pick a few dishes I can assemble well in advance and just warm up during the party." *See recipes, page 212.*

"We try to keep things simple. It's easy to overthink things when entertaining, but the reality is whenever you gather great people together with good food, they're going to have a blast." JASON HIRSCH

APPLES A-WEIGH

A simple solution to anchor tablecloths and stacks of napkins? Weigh them down with fresh apples, *above*.

HOW-TO For a tablecloth weight, use an awl to pierce a channel through two apples, top to bottom. Thread twine through the channels, from the bottom of one apple through the top of another, using enough twine to stretch across the table and hang over the edge about 6–8 inches. Tie a 2-inch-long twig to the ends of the twine to keep the apples from sliding off.

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In the fall, Jason keeps a bowl of apples on the counter. It's full of varieties they love—Cortlands, Macouns, and a new crisp, sweet-tart variety called Zestar. "When the mood for pie strikes, we use whatever we have on hand."

SWEET ENDING

Wanting a dessert that was easy to eat while sitting around the bonfire, Jason came up with Apple Pie Pops—pie on a stick, *left*. The no-mess sticks make them fun for kids and a favorite for parents. *See recipes, page 212.*

AN APPLE A DAY

A few simple supplies—a paper punch, red scrapbooking brads, and photo corners—transform inexpensive white bags into party favor totes. A rubber-stamped design, enlarged on a copier, decorates these bags, but a photo or the front of a greeting card also would work.

For buying information see page 253.

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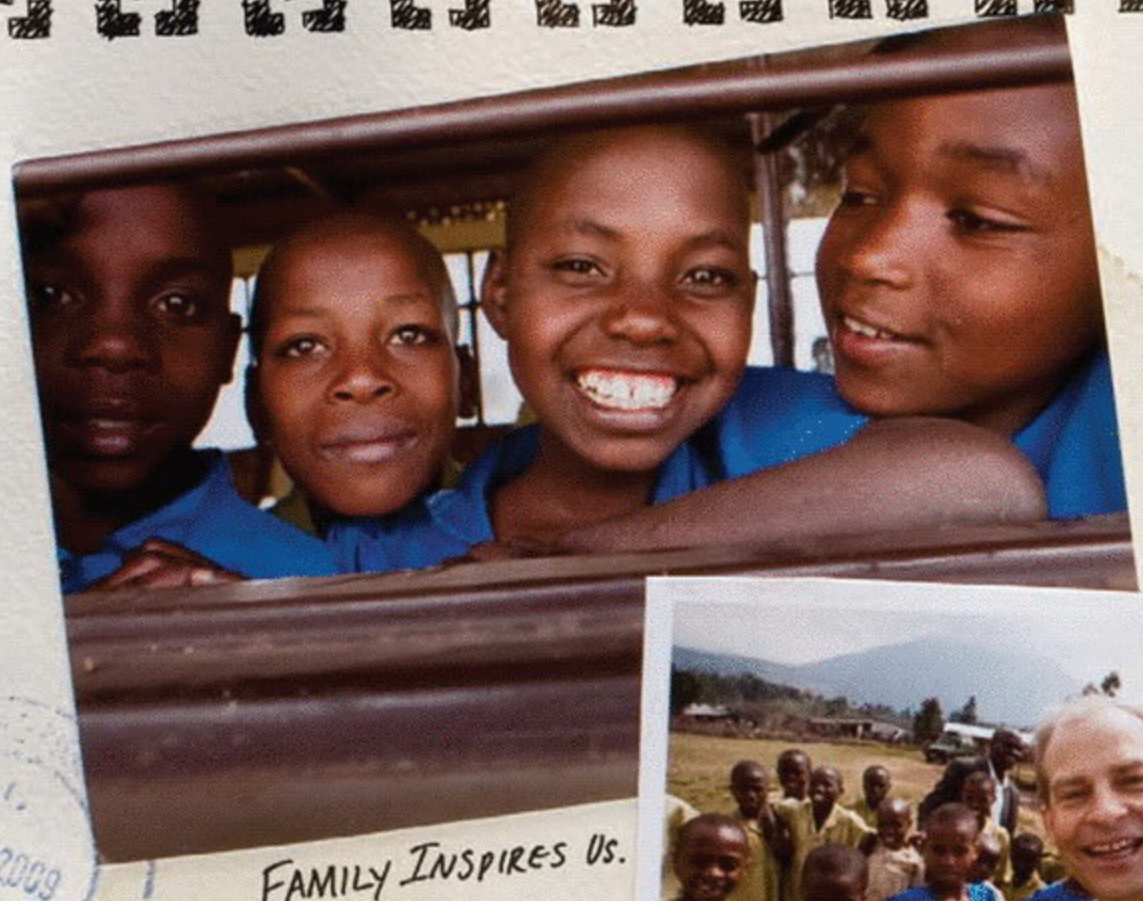
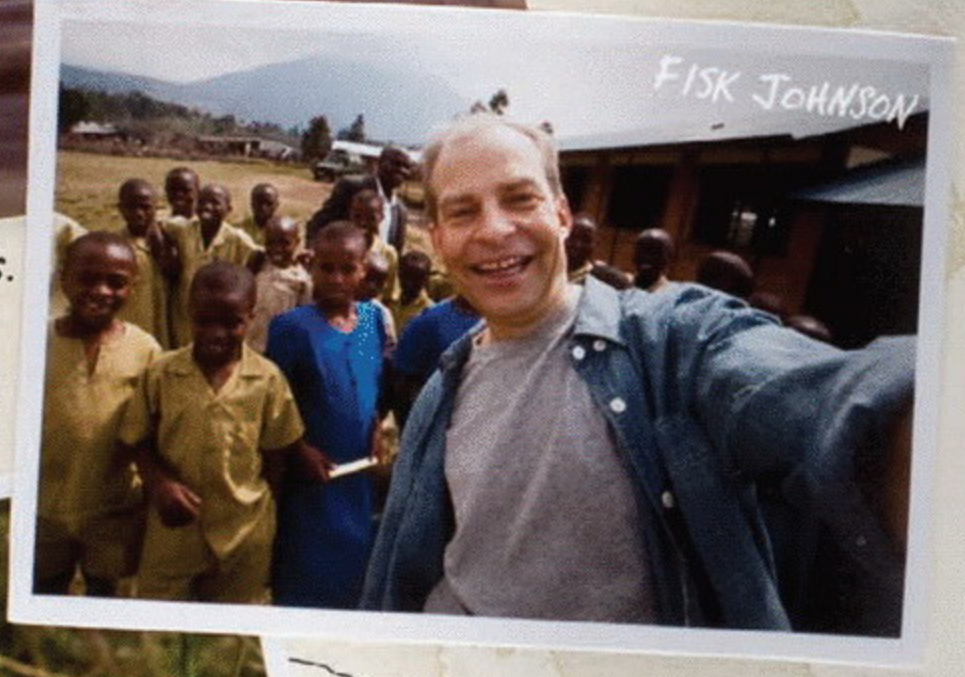
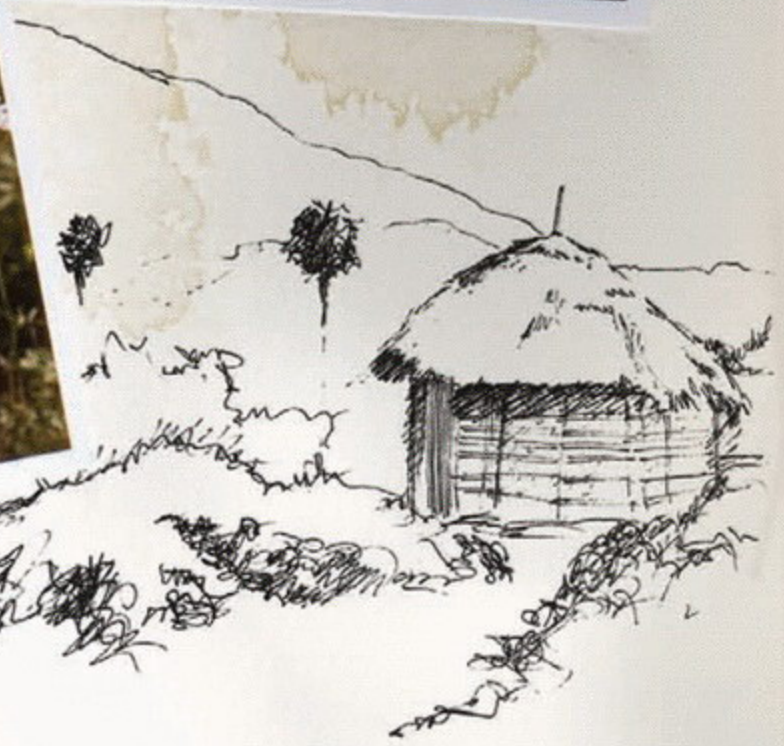


FAMILY INSPIRES US.





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home coming

A cottagey getaway lets a family revisit their small-town roots.

by JODY GARLOCK photos KIM CORNELISON
produced by ALECIA STEVENS

"It's a feel-good type of place," Jodi Spearman says of her Minnesota home and the neighborhood that drew her and her husband, Kevin, there. The light-filled banquette is a favorite spot for their youngest son, Nate, 6, to get creative.

"It's the quiet escape in the house," Jodi says of the living room, *left*. Rustic pieces give the room character. The zebra-print chair? "We like to throw in surprises," Jodi says.

Not one to over-accessorize, Kevin filled the built-ins, *below*, largely with books. "Books just add warmth," he says.

Swinging back and forth on the front porch of her Stillwater, Minnesota, home, Jodi Spearman is reminded of the simple pleasures she enjoyed growing up in the state. She recalls sitting around bonfires with friends on crisp fall nights and rolling in freshly fallen snow in winter. Now, she hopes her four boys, ages 6 to 20, will share similar memories here.

When Jodi and her husband, Kevin, purchased their home away from home (they live in Texas most of the year), they were most interested in the small-town atmosphere that came with it. "It's the lifestyle we were after—that neighborhood kind of feel," Jodi says. "This home gives the boys a sense of where we came from."

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Anthony, Nick, and Nate ride bikes to a nearby farm market to pick up sweet corn for dinner or hop on their scooters to roam the neighborhood. Grill-outs on the patio give Jodi and Kevin time to reconnect with siblings and friends who live in the area.

Inside, there's often a jigsaw puzzle in progress at the banquette and seemingly bottomless bowls of ice cream and cereal at the kitchen island. "With the boys, their friends, and cousins, food always happens," Jodi says. "The home is filled with kids from morning to night, and we love it that way. We have an open-door policy."

The home's abundant windows, as well as the front porch, *above*, give the family views of a park across the street.

Kevin had existing base cabinets sprayed white to brighten the oak-heavy kitchen. "If everything is the same color it all runs together and makes a room very flat," he says.

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Pale blue wicker chairs keep the dining room, where the family eats everyday meals and kids play board games, casual and light. The painted twig chandelier offsets the heaviness of the stained wood—and is a conversation-starter.

"We wanted the house to evoke the look and comfort of a cottage by the lake, but crisped up and with an edge." **KEVIN SPEARMAN**

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A bright painting propped against the wall behind an antique side table keeps the master bedroom from looking too sweet. "It makes a statement," Kevin says. The light and airy scheme continues into the bathroom, *below*.

Design Lessons

Kevin Spearman, principal of Bellacasa Design Associates in Houston, sheds light on how he gave his Minnesota home interest—and how you can apply it to your home.

ACCESSORIES "Keep it real—flowers, books, a bowl of fruit, a soft throw," Kevin says. "There's no need to go out and buy a bunch of knickknacks."

CONTRAST "The biggest mistake is to match everything," Kevin says. "When in doubt, always contradict. It gives a house an edge and makes rooms more dynamic."

PERSONALITY In every room, do something unexpected—adding one-of-a-kind finds such as the rusty old lanterns on the mantel, for example. "I like things you have to find—not just things you can go out and get," Kevin says.

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LIGHT FIXTURE

"A beautiful light fixture can be the most important accessory in a room," Kevin says. Smokebush pendant, $349, **roomandboard.com**

The Spearmans turned an upstairs hall into a stylish storage spot. The antique table holds puzzles, games, and DVDs. Baskets below store blankets.

bring it home

Get a clean, lake cottage look—Kevin Spearman shares his style secrets.

WOOD

"Wood pieces that are raw, worn, or have a patina just have such a good feel," Kevin says. "They help a house feel like home." Teak Trunks, $169 for 18″, $189 for 22″; **vivaterra.com**

PATTERN

"Small hits of pattern—pillows, a lampshade, a rug—break things up and add personality," Kevin says. Jamaica Ticking (pink) and Aquinnah (blue) Woven Cotton, $95 for 4′×6′; **dashandalbert.com**

CHROME

Kevin loves a bit of chrome to provide sheen and contrast, and to add a modern edge. Mate's Metal Lanterns, $120/set of 3, **homedecoratingclub.com**

COLOR

Blue, one of Kevin's favorite colors, looks as good on walls as on furniture. "It's a very tranquil, easy color. It cools things off." He leans toward a grayish shade for a sophisticated look. Samovar Silver SW6233; **sherwin-williams.com**

MARKET EDITOR: HEATHER HARDT

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MACCHIATO
Use it anywhere, but it makes an exceptionally good background for a wall of art. Interactive Cream SW6113; **sherwin-williams.com**

BROAD STROKES
MILKY FOAM
Looks amazing paired with a muted robin's-egg blue. Kabuki Clay 3003-8C; **valspar.com**

BROAD STROKES
DARK BREW
As rich as French roast, this color is a handsome match for cream trim or wainscoting. Cracker Bitz C17-4; **olympic.com**

MEDIUM STROKES
EXTRA CREAM
Paint tone-on-tone stripes (alternate this color with Artesian White C19-1) in a guest room, where surprises are welcome. Woodwind C19-2; **acehardware.com**

BY JOANNA LINBERG; PHOTO: ADAM ALBRIGHT; PRODUCED BY JESSICA THOMAS; MARKET EDITOR: APRIL HARDWICK; FOOD STYLIST: JENNIFER PETERSON

Just like milk in strong coffee, latte colors—from rich cream to caramel—tame bold hues for an ultralivable palette.

LIGHT FLAVOR
Modernize a dining room with this pendant in a yummy burnt caramel. Vines Pendant in Chocolate on Bronze, $154; paper-cloud.com

HOUSE BLEND
Brown and white tableware give an allover milky effect (and you can create unmatched sets). Tea/Coffee Mug, $21 each; juliska.com

SOFT AND SMOOTH
Like swirls of cream in a coffee cup, the pattern on this rug delights. Jilly Wool Rug in August Sun, $389 for 3′×5′; angelaadams.com

cup of joe

Blend coffee and cream into your scheme with the skill of a barista with tips from L.A. designer Mary McGee. Here's how she gives a caffeinated jolt to these luxe neutrals.

KNOW YOUR MARK
If a lighter tone is your goal, watch out for green or gold undertones. Hold the colors you're considering against a true-white paint chip to look for a rich cream with a brown base, McGee says.

MAKE YOUR OWN
"I mix colors to get a perfect cream," McGee says. Her favorite "recipe": A 50:50 mix of Benjamin Moore's Marble White (OC-34) with Grant Beige (HC-83). "It cuts the gold, and you end up with this incredible color."

GIVE IT A BOOST
Avoid beige boredom by using a variety of finishes and textures in a room. A white lacquer coffee table, leather chair, mirrored lamp, silk drapes, and a great sisal rug—McGee counts on all these materials to give a latte-color space richness.

For buying information see page 253.

PHOTOS: (ROOM) JAMIE K. FISHER; (PORTRAIT) COURTESY OF MARY MCGEE INTERIORS

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Important Safety Information about SYMBICORT for COPD

Call your doctor if you notice any of the following symptoms: change in amount or color of sputum, fever, chills, increased cough, or increased breathing problems.

SYMBICORT may increase your risk of lung infection, osteoporosis, and some eye problems (cataracts or glaucoma). You should have regular eye exams.

Thrush in the mouth and throat may occur.

Tell your doctor if you have a heart condition or high blood pressure before taking SYMBICORT. Do not use SYMBICORT with another long-acting $beta_2$-agonist for any reason. SYMBICORT does not replace fast-acting inhalers for sudden symptoms.

For more information, call 1-888-312-0793 or go to MySymbicort.com/offer.

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No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care provider. Only your health care provider has the training to weigh the risks and benefits of a prescription drug.

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People with asthma who take long-acting beta$_2$-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), have an increased risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT. Talk with your health care provider about this risk and the benefits of treating your asthma with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Get emergency medical care if:

- breathing problems worsen quickly, and
- you use your rescue inhaler medicine, but it does not relieve your breathing problems.

Children and adolescents who take LABA medicines may be at increased risk of being hospitalized for asthma problems.

WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine used for asthma and chronic obstructive pulmonary disease (COPD). It contains two medicines:

- Budesonide (the same medicine found in Pulmicort Flexhaler™, an inhaled corticosteroid). Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer®). LABA medicines are used in patients with COPD and asthma to help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

SYMBICORT is used for asthma and chronic obstructive pulmonary disease as follows:

Asthma

SYMBICORT is used to control symptoms of asthma and prevent symptoms such as wheezing in adults and children ages 12 and older.

Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used long term, two times each day, to help improve lung function for better breathing in adults with COPD.

WHO SHOULD NOT USE SYMBICORT?

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

WHAT SHOULD I TELL MY HEALTH CARE PROVIDER BEFORE USING SYMBICORT?

Tell your health care provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- have eye problems such as increased pressure in the eye, glaucoma, or cataracts
- are allergic to any medicines
- are exposed to chicken pox or measles
- **are pregnant or planning to become pregnant.** It is not known if SYMBICORT may harm your unborn baby
- **are breast-feeding.** Budesonide, one of the active ingredients in SYMBICORT, passes into breast milk. You and your health care provider should decide if you will take SYMBICORT while breast-feeding

Tell your health care provider about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Know all the medicines you take. Keep a list and show it to your health care provider and pharmacist each time you get a new medicine.

HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care provider has taught you and you understand everything. Ask your health care provider or pharmacist if you have any questions.

Use SYMBICORT exactly as prescribed. **Do not use SYMBICORT more often than prescribed.** SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care provider will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- SYMBICORT should be taken every day as 2 puffs in the morning and 2 puffs in the evening.
- Rinse your mouth with water and spit the water out after each dose (2 puffs) of SYMBICORT. This will help lessen the chance of getting a fungus infection (thrush) in the mouth and throat.
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care provider.
- Do not change or stop any medicines used to control or treat your breathing problems. Your health care provider will change your medicines as needed
- **While you are using SYMBICORT 2 times each day, do not use other medicines that contain a long-acting beta$_2$-agonist (LABA) for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines.**
- SYMBICORT does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have a rescue inhaler, call your health care provider to have one prescribed for you.

Call your health care provider or get medical care right away if:

- your breathing problems worsen with SYMBICORT
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use one whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your health care provider will tell you the numbers that are right for you
- your symptoms do not improve after using SYMBICORT regularly for 1 week

WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta$_2$-agonist (LABA) for any reason, such as:

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil Aerolizer, Brovana®, or Perforomist®

WHAT ARE THE POSSIBLE SIDE EFFECTS WITH SYMBICORT?

SYMBICORT can cause serious side effects.

- Increased risk of pneumonia and other lower respiratory tract infections if you have COPD. Call your health care provider if you notice any of these symptoms: increase in mucus production, change in mucus color, fever, chills, increased cough, increased breathing problems
- Serious allergic reactions including rash; hives; swelling of the face, mouth and tongue; and breathing problems. Call your health care provider or get emergency care if you get any of these symptoms
- Immune system effects and a higher chance for infections
- Adrenal insufficiency–a condition in which the adrenal glands do not make enough steroid hormones
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness
- Increased wheezing right after taking SYMBICORT
- Eye problems, including glaucoma and cataracts. You should have regular eye exams while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Swelling of your blood vessels. This can happen in people with asthma
- Decreases in blood potassium levels and increases in blood sugar levels

WHAT ARE COMMON SIDE EFFECTS OF SYMBICORT?

Patients with Asthma

Sore throat, headache, upper respiratory tract infection, thrush in the mouth and throat

Patients with COPD

Thrush in the mouth and throat

These are not all the side effects with SYMBICORT. Ask your health care provider or pharmacist for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care provider.

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connect four

Family, friends, work, play. They all come together in a house built for gathering.

by KIT SELZER photos REED DAVIS produced by ANDREA CAUGHEY styling CHAR HATCH LANGOS

TOUCHSTONE/THE KOBAL COLLECTION

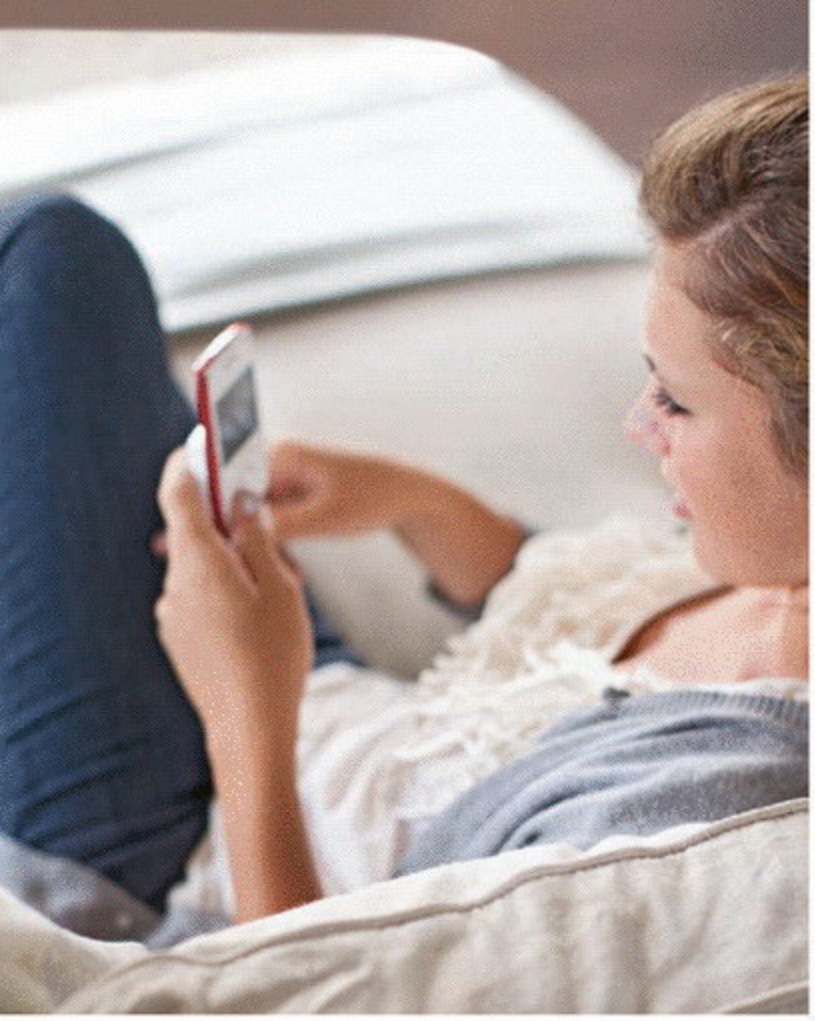
Though Leah Pappas may challenge her brother to an occasional game of Wii, *left*, the family room TV is used mainly for movies and father-son sports viewing. (Mom Nancy will join in if college football is on.) Like the family, corgis Lizzi and Phoebe, *opposite*, have no trouble getting comfortable. The inviting linen-covered sofa blends with the cabinetry used in both the family room and the kitchen. Some of the cabinet doors lift like storage hatches on a boat—a nod to Nancy's memories of sailing.

It took 10 years to finalize the design of their house, but Nancy and Larry Pappas always knew they'd end up with a home designed for gathering.

That was the theme of their list of priorities: Rooms that make it easy to get together as a family and to enjoy time with friends. Connections that promote the family's love of the outdoors, especially nearby San Diego Bay. A home office with tech that meets the demands of modern business by day—and attracts the kids, Leah, 17, and Luke, 13, for a little family playtime at night. Plus, of course, it had to look good while getting it all done.

And it does. Larry, an architect, and Nancy, an interior designer, created a floor plan that plays to both cozy family time and invite-the-friends-over sociability. The family room, with its flat-panel TV, draws the kids and their friends after school. With plenty of comfortable seating, it's also the starting point when guests visit. The party often flows to the deck where music from a hidden sound system in the family room feeds outdoor speakers. An open-plan kitchen serves gatherings of any size, with a cooktop that faces the family room to invite conversation and seating at both the island and peninsula to encourage hanging out. As a bonus, technology makes it easy to be together yet separate. Because the house has Wi-Fi, "Leah can be on her laptop while I'm reading the paper," Larry says.

All the spaces connect as effortlessly as the people who use them, thanks to the soothing, beachy color scheme put together by Nancy, who works out of a home office upstairs. That space, with its two computers, may be set up for business, but it has turned into the Pappases' second family room. "I just can't keep them out," Nancy says jokingly.



"Eating on the deck—or just going out there to sit—is quite peaceful," Larry says. "It's like taking a vacation without having to pack a bag."

The Pappases live close to the bay, which makes activities such as kayaking, paddleboarding, and walking along the water, *below*, convenient and enticing. An upper-level deck, *right*, offers unobstructed views and an ideal spot for family dinners and occasional breakfasts. And when Larry and Nancy invite families over for weekend get-togethers, it's everyone's favorite place to hang out.

Nantucket homes inspired the modified Shingle-style design, *below left*. A popular style in areas with an upper-level view, this "upside-down" house features bedrooms on the ground floor and public spaces one level up. Wireless Internet access allows Leah to use her netbook in the kitchen, *left*, or anywhere in the house.

At times, Nancy's office, *opposite,* doubles as a gathering spot for the family. "It's got the best views," Nancy says. The desk can be moved to face any of the office's four windows. Luke uses one of the room's two computers to watch skateboarding videos, *below*, before trying out his own tricks, *left*.

tech through time

IN DESIGNING THEIR HOME, THE PAPPASES HAD A PLAN TO INCORPORATE TECHNOLOGY, RECOGNIZING HOW NATURALLY IT'S BECOME A PART OF THEIR LIVES. HERE'S HOW THEY RECALL THEIR ELECTRONICS EVOLUTION.

1983 The year they got married, Nancy and Larry bought their first TV together. "I think it was a 27-inch we probably bought at Macy's," Larry says.

1999 The couple got their first home computer ("It was an old Apple, big and boxy," Nancy says) and set up an e-mail account.

2003 Nancy and Larry purchased the Mac computer they still use in their home office. They added their current PC in 2006.

2005 Leah got an iPod; both kids and Nancy each have one now. Nancy loves the ease, but admits she still has record albums in a family room cabinet and a turntable in the garage.

2008 A Wii console was a Christmas gift. Nancy's favorite game is golf, though "Luke can really cream me," she says.

2009 Leah received a laptop for her 16th birthday. Also, Luke got a cell phone, while Nancy upgraded to an iPhone. She was sold on getting one while at a business meeting where a colleague pulled up websites on the spot. "That's liberating to me," she says.

2010 Nancy bought an iPad. She's still learning its features, but already enjoys handling her usual business tasks (as well as watching an occasional YouTube video) in bed.

For buying information see page 253.

The third-floor office is Nancy's work space during the day. At night, she says, it becomes "public domain."

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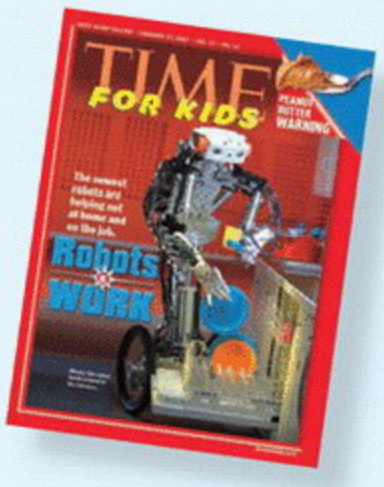
have 

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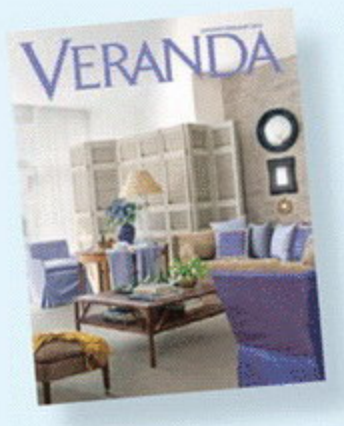
of sitting down on the 

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by AMY PANOS photos CAMERON SADEGHPOUR
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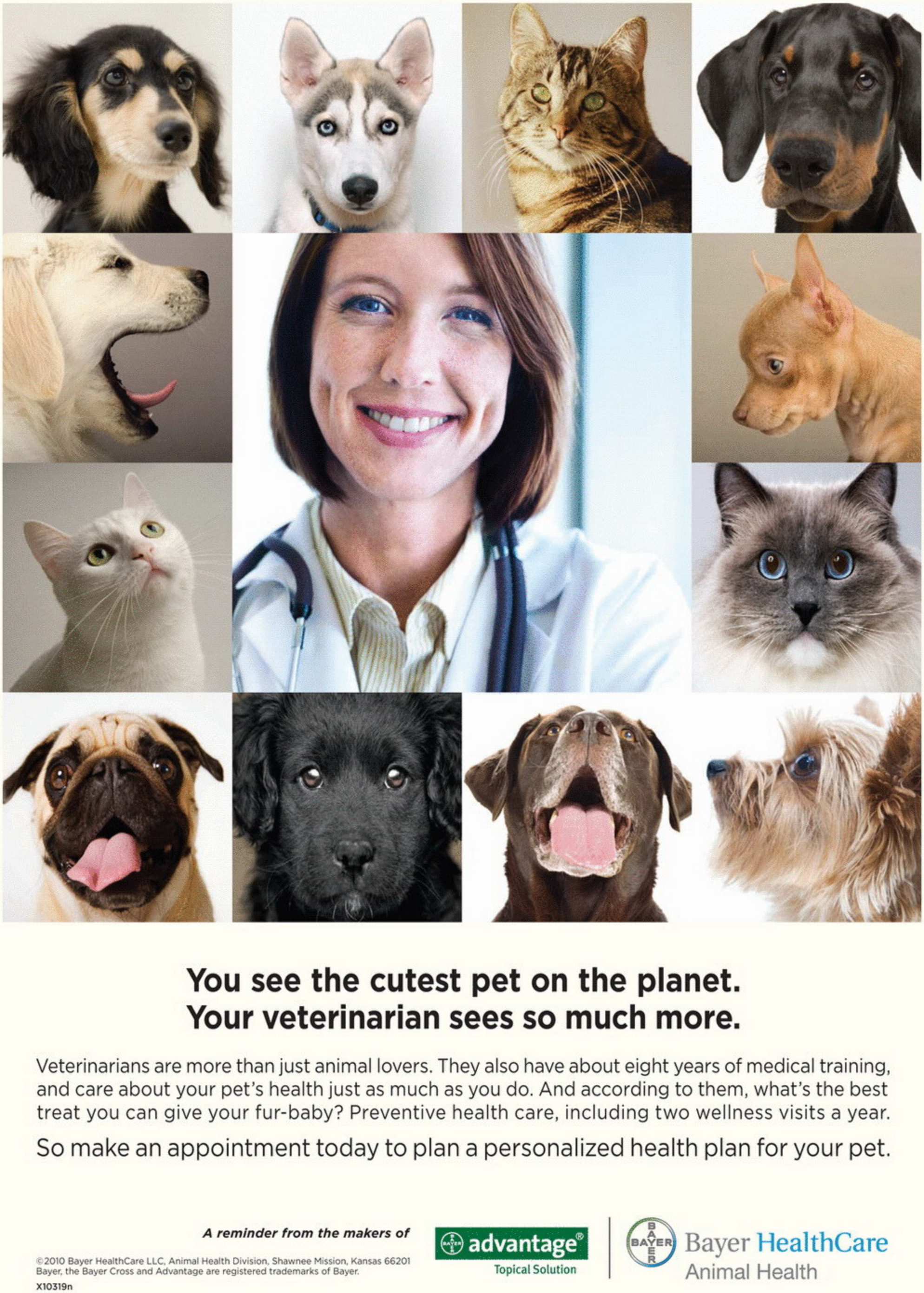

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stealthy storage

A buffet or sideboard keeps the stuff of daily life—cell phones, sticky notes, school schedules—close by yet concealed. The ideal candidate has both drawers and doors for plenty of storage, and a slim profile so it can tuck into a high-traffic space. Park it near your busiest entry, or adapt these ideas to any available drawer or cupboard.

SECRETS OF THE FAMILY COMMAND CENTER

1. Turn a door into a bulletin board. *Magnetic strip, $6, threebythree.com*
2. Stack shoe boxes as holding tanks for school papers and library books to return. *Dropfront shoe box, $10,* containerstore.com
3. Remove a shelf to tuck in a shredder (drill a hole for the cord) so you can toss unwanted mail as you open it.
4. Gather bills to pay in a prominent spot like a hanging pocket. *Vinea magnetic bin, $11,* organize.com
5. Hang labeled spare keys on magnetic hooks. *Spot-On hooks, $9 for 4,* containerstore.com
6. Keep often-referenced papers in binders, one per person or activity.
7. Sort mail into a wine rack. Label one cubby per person, plus others for outgoing mail, permission slips—whatever categories work for you.

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We asked our online community of moms, The Motherboard, how they deal with the clutter that accumulates around the door. Their solutions stress simplicity and ease. Here's one idea, from Mary Robertson of Pella, Iowa: "We have a shoe rack on the back porch and designated spots for everyone's shoes. It's crazy how much that one thing has helped us."

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8. Outfit a drawer with a charging mat that powers multiple devices via a single plug-in. (Drill holes in the back of the drawer and cabinet for the cord.) *Charge4ALL portable charging mat, $30,* jr.com

9. Set out a tray as a pretty landing spot for the day's mail and papers as they wait to be processed.

10. Gather tissues, lip balm, spare change, and other on-the-go necessities into a drawer outfitted with dividers. *White mesh drawer organizers, $2.50 to $4 each,* containerstore.com

11. Mount the family calendar in a frame, glass removed, to make it look less utilitarian. Hang it low so everybody can reach, and keep pencils nearby.

SMALL WONDER
If space is tight, try a desktop file organizer for important papers, mail, and a few key office supplies. It packs tons of function and countertop-worthy good looks into just a over a square foot. *Desktop organizer with drawers, $50,* stacksandstacks.com

natural wonders

The stylish simplicity of nature inspires fresh fall decorating projects.

by JANE AUSTIN McKEON photos KRITSADA
produced by JENI WRIGHT

A NEW LEAF
The majestic oak tree provides the nuts and bolts of this dining scene, from flooring to furnishings to autumn accents. The wall art: a 30×48-inch image of a burnished pin oak leaf, printed on canvas that's fitted around stretcher bars.

NATURE'S JEWELS
Acorns become easy ornaments with a coat of paint and loops made of twine glued to the caps. The vase nestles in a silver serving tray filled with acorns.

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PICTURE-PERFECT
Spruce up an inexpensive crafts store framewith a trim of acorn caps, *left,* affixed with hot glue. An oak leaf and twig glued to burlap make a fitting focal point.

NAPKIN BLING
Acorns become table jewelry when they're wired together to make a napkin ring, *above*. Drill tiny holes through 9 or 10 acorns. Alternate acorns top-to-bottom so they cuddle closer.

LEAFY LINEUP
Thread freshly fallen oak leaves together garland-style, *above,* to carry autumn hues indoors. For a how-to video on making leaves last, go to BHG.com/preserveleaves.

'CORN FLOWERS
To make these cute "blooms," *right,* drill a hole through an acorn and loop wire through, twisting the ends to form a "stem." Use hot glue to fasten five acorn cap "petals."

For buying information see page 253.

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6 ways to rest easy

This bedroom proves soothing doesn't have to be boring. It serves up stylish serenity night and day.

by JOANNA LINBERG photos ROB BRINSON
styling JESSICA THOMAS produced by JENNY O'CONNOR

1. set the scene Austin designer Carrie Hicks is obsessed with wallpaper. "It speaks volumes," Carrie says. She chose this textured faux bois paper for her bedroom because of its neutral color and almost-magic ability to warm up the space.

PRINCESS THINKS HER STUFF DOESN'T STINK.

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2. go ahead, match

Never pass up an opportunity to buy two of something, Carrie says. Matching nightstands, lamps, and mirrors flank the bed and give the room a pulled-together look that doesn't appear overthought. Symmetry "can be the common thread" in any room, Carrie says, and it's not boring if you use a mix of materials and shapes.

3. keep color calm

"We have a strict white-sheet philosophy," Carrie says, and it's clear why: They always look crisp and neat, go with anything, and are easy to personalize with a trim or scallop, as Carrie did. In cold months, she plans to swap the pale blue coverlet for a more textured, darker blue one.

4. embrace imperfections

The window above the bed is only 40 inches above the floor. Carrie had a shorter headboard custom made to fit the squat space and used a lower-profile mattress to keep the bed's height in scale with both the window and the settee at its foot. Custom shutters and trim give the windows above the bed and near the seating area, *page 76*, added heft and privacy.

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5. make it livable

It wasn't the designer in Carrie that led her to add a seating area at the end of the bed—it was the parent. "It's a cozy place for the family to sit," she says. Her 3-year-old has another idea: He likes to vault off the settee onto the bed to wake his parents. To satisfy her need for style, Carrie chose furniture with curves and details such as tufting and nailhead trim.

6. be practical

Tough Ultrasuede covers the bench. "It's totally indestructible," Carrie says. "When I use white or cream fabrics, I try to find ones that are durable with a stain guard."

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Carrie Hicks' "modern traditional" style owes a lot to the balance between old and new, and rough and smooth textures. Here's how to get the look.

faux finish Carrie loves her faux bois wallpaper, but you can achieve a similar look and feel with a steady hand and paint. Wire-Handled Graining Rocker (easy-to-follow instructions included), $10; o-geepaint.com

lamp A glass or crystal base gives the room a bit of shine. Look for clean lines to play off the organic shapes in the room. Vienna Full-Spectrum Crystal Cube Table Lamp, $150; lampsplus.com

pillows An all-neutral palette is part of her formula for a serene room. A play of textures and a hit of graphic pattern keep it interesting. Palmetto Natural pillow, $85; blisslivinghome.com

curtains Choose a fabric with a large botanical pattern and a background color similar to the wall color. This fabric: Debbie Flower (silk), $58/yard; calicocorners.com.

For buying information see page 253.

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The recessed entry, shown in 1957, *left*, and today, creates a sense of entering the house even before arriving at the front door.

then again

A family moves into a 1957 *Better Homes and Gardens* Idea Home that stands the test of time.

by DENISE GEE photos ROB BRINSON produced by JENNY O'CONNOR

Like many buyers of older houses, Mila Goldman-Moore and her husband, Waco Moore, appreciate the past. They just don't live in it. And, thankfully, neither does their home. True, it's more than five decades old. But this house, its design replicating a *Better Homes and Gardens* Idea Home, was focused on the future then. And it still is today.

"It was like finding a time capsule of a house," Waco says. In now-vintage magazine pages, the article touts revolutionary "smarter-living" elements that remain right on trend: a no-wasted-space floor plan, family-friendly connections between living areas, and an indoor-outdoor flow that brings in natural light and helps the house live larger than its 2,100 square feet.

Shaded from the hot Texas sun by towering canopy oaks, the house was intentionally sited to capture breezes and sunlight when and where they're needed. Inside, zones for active play—these days featuring the couple's 5-year-old daughter, Jette, performing ballet moves or playing on her electric organ—are well separated from quieter areas for sleeping, reading, and working at home, as the couple often do.

Mila, an architect, finds it hard to believe that the house, with its "super-practical layout and comfortable scale," was designed 50 years ago. "At the time this house was built, architecture was just starting to promote the idea of family time," she says. "Lucky for us, it still does that perfectly."

"Our house is more than a half-century old, yet is still modern. It just reinforces the lasting quality of good design."

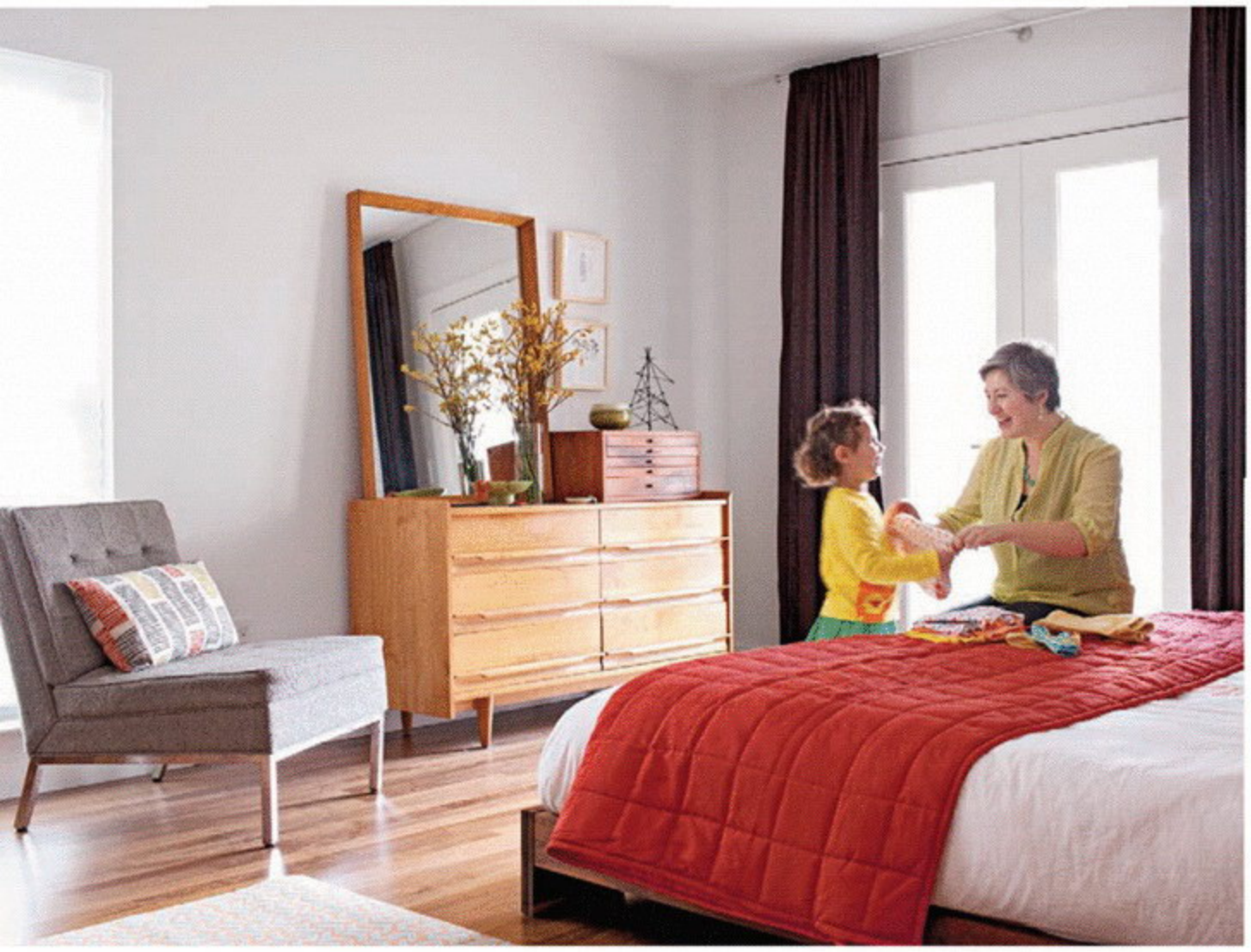
MILA GOLDMAN-MOORE

Then In 1957, *Better Homes and Gardens* teamed with the acclaimed San Francisco-based architectural firm Wurster, Bernardi, and Emmons to design the original Idea Home. By focusing on how families lived, including their needs for hobby space and indoor-outdoor connections, the architects created a T-shape floor plan that separates active areas from quiet zones (see plan, *page 86*). The centered entry marks the transition from public to private space, and halls connect rooms within.

Now The couple didn't alter the architecture in the living room, *opposite*. They painted the recessed fireplace a slate gray to draw attention to it and the vaulted ceiling. Because the couple doesn't own a TV set, they spend most of their time playing games and hanging out with friends. The informal eating area (*below left*) that adjoins the kitchen sees lots of use—these days doubling as the family craft room where one wall features a rotation of Jette's artwork. The couple is not yet sure how they might one day remodel the kitchen (*above left*), so for now, they use inexpensive freestanding cabinets that can be moved to the garage when the time comes. "There is zero demolition that's required for any future construction project," Mila says.

To play up the open plan in the public rooms, the couple painted all the walls the same pale, almost-white shade of gray.

"We were determined to honor the architects' original intent. There is almost no wasted space. The rooms are really sized well and flow into each other nicely." **WACO MOORE**

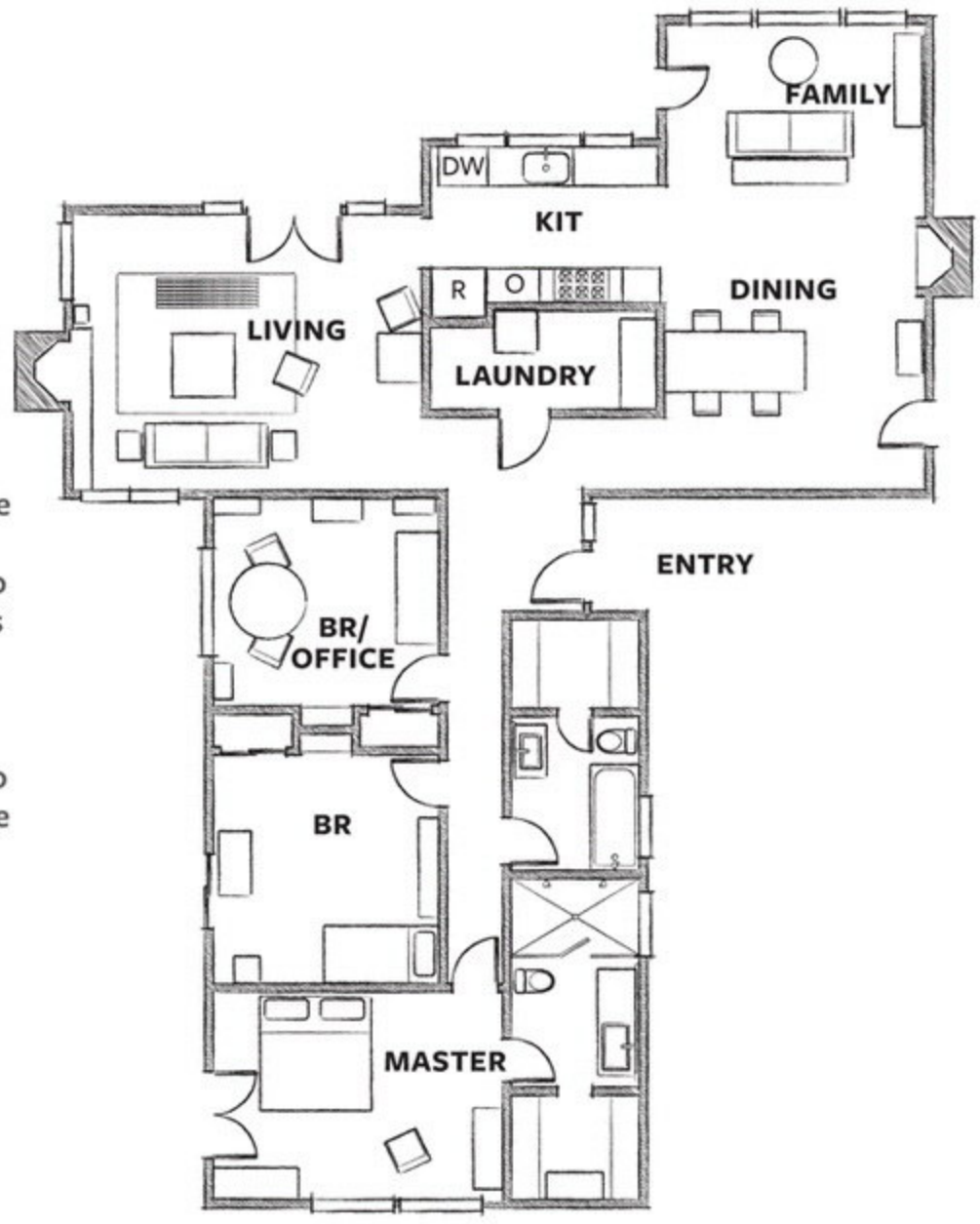


Then The architects planned the master bedroom to act as an apartment getaway for parents, with a spacious room, big windows, and a door to a private patio. The children's rooms were meant to grow up with the kids, from tots to teens. Built-in alcoves take up minimal space (they're about 3 feet wide) and function as a desk with bookshelves or a vanity with room for a mirror.

Now Previous owners had added crown molding in the master bedroom (*above*) and Victorian-style brass doorknobs there and throughout the house—features Mila and Waco immediately stripped away. "We appreciated the simplicity and good design that were here originally," Mila says. That includes her favorite element in the couple's room—access to the outdoors. She and Waco plan to build a sleeping porch there. In Jette's room, the couple updated the alcove by installing more shelves for storage. "We are always trying to declutter," Mila says. "But we think Jette's toys must secretly multiply while we're sleeping."

The minor alterations speak to the enduring design. "This isn't just another post-war tract house," Waco says. "A lot of thought went into designing it, and it's amazing how right it still is today."

Jette requested her bedroom, *this page* and *opposite right*, be painted pink, a color Mila says can be really strong. They settled on a striped accent wall and repeated the shades of pink on the back of the bookshelves.



Then Architects situated the kitchen to be the hub of the house so that it could serve the living, family, and dining rooms equally well. The centered entrance and hallways bridge the two wings of the house, which makes it easy to reach different areas without using rooms as passageways.

Now The most significant change Mila and Waco made to the original house plan was to knock out a partition between the master bathroom and adjacent dressing area. Other than the bathrooms and kitchen, all rooms have access to the outdoors where there's a covered terrace and private side yard, a key feature for the couple. "It's not grand," Mila says. "It's just a simple, handsome place that isn't trying too hard."

For buying information see page 253.

1957: "It's a blueprint for your future, a forecast of a way of living best suited to your family."

BETTER HOMES AND GARDENS SEPTEMBER ISSUE

2010: "We pretty much kept the notion of what the architects had in mind. This home really does fit our lifestyle, and as a result, it just feels good."

MILA GOLDMAN-MOORE

wake-up call

Easy home-center additions take a basic bathroom, and its standard-issue oak vanity, from make-do to magnificent.

by AMY PANOS photos ADAM ALBRIGHT produced by MEREDITH LADIK

DARK & HANDSOME
Gray-brown paint makes a plain vanity look sophisticated and furniturelike. Add to the illusion by nailing decorative feet to the toe-kick before painting. Colonial ogee feet, $12 each; **osbornewood.com**

SHELF HELP
An étagère squeezes storage for towels and toiletries into just a couple feet of floor space. Display the pretty stuff (try clear acrylic kitchen canisters) and stash the rest in baskets and boxes. Espresso tower, $200; **jcpenney.com**

MATCH YOUR METALS
An easy way to ensure a pulled-together look is to choose a faucet, light fixture, and mirror in the same finish—here it's oiled bronze.

LOOK BEYOND
Skip the usual frameless rectangle and go for a mirror that makes a statement. Any accent mirror that's at least two-thirds the vanity's height and width will work. Barley twist shield mirror, $228; **shadesoflight.com**

For buying information see page 253.

"YOU DON'T HAVE TO REMEMBER TO PUT THE SHEET IN THE DRYER."

"I LOVE THE SMELL... IT'S LIGHT, IT'S FRESH."

- Rachel, Denver CO

Rachel was given a Bounce dryer bar to try it out on her family of five. She was asked to answer a few questions, and above is just a portion of what she said. She loved the whole idea of stick it and forget it.

Share your stories at bounceeverywhere.com

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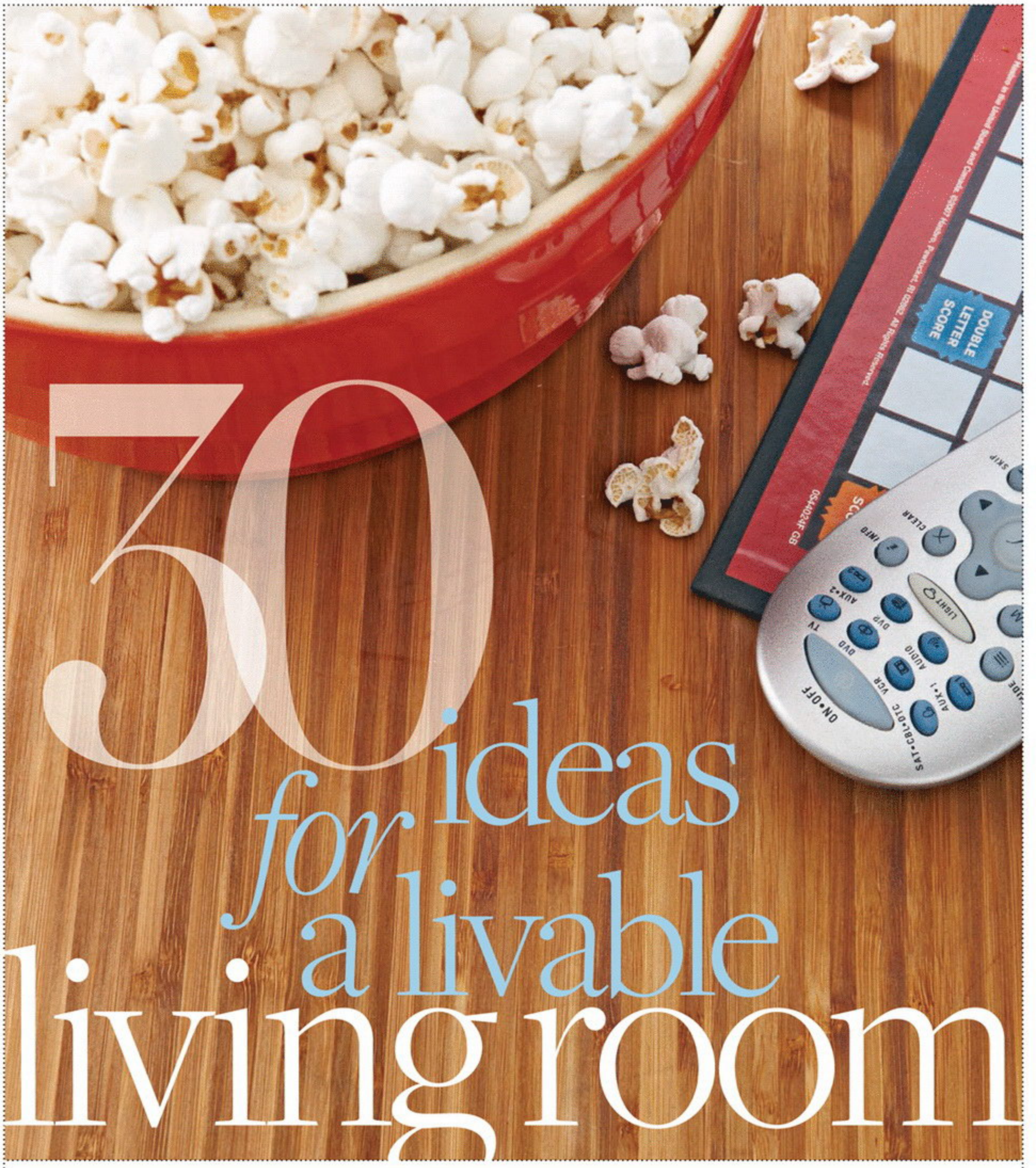

50 ideas for a livable living room

1 Every living space needs a table-height surface for homework and projects. If space is tight, tuck a console table behind the sofa or against a wall.
AIMEE BEATTY, stylist

2 Don't mount your TV too high. Here's an easy rule: The bottom should be at eye level when you're sitting, the top at eye level when you're standing.
DANNY LIPFORD, home expert

3 If your sofa or sectional dominates the room, paint walls a shade lighter than the upholstery. The eye will skate across the room, not get stuck on the sofa.
LIZ LEVIN, designer

PHOTO: MARTY BALDWIN

by BERIT THORKELSON

4 In a hardworking room like a living room, everything has to earn its keep. These accessories offer service with style: **A globe** for on-the-fly geography lessons for curious kids; **an hourglass** for timing video game sessions; **attractive tissue box covers** to make these necessities a little more visually pleasing.

6 Position diffuse, low-watt lighting, such as sconces with frosted glass shades or table lamps on dimmers, behind and slightly to the side of your TV. Your eyes will experience less strain as the picture shifts from light to dark.

SUZANNE KANTRA, *techlicious.com*

7 To discourage clutter, make this rule: If you carry it in, you carry it out. Items left out at the end of the night go into the "penalty box." To retrieve them, you have to pay the penalty, such as doing a dreaded household chore.

DONNA SMALLIN, author of *A to Z Storage Solutions*

8 Arrange your furniture for conversation. Put pieces at cozy right angles close enough so people can talk, not just blow kisses across the room.

ELAINE GRIFFIN, designer

Try out dozens of furniture layouts before you move the sofa. Visit BHG.com/arrangearoom *to get started.*

9 Display coffee table accessories on a tray so it's easy to remove them all at once when you're ready to play a game or have a pizza.

MITCHELL GOLD and BOB WILLIAMS, furniture experts

10 If you no longer own a VCR, get rid of those VHS tapes. Donate or dispose of them (*greendisk.com* will take 20 pounds of your "technotrash" for $7 plus shipping). Replace favorite titles on DVD.

LORIE MARRERO, *clutterdiet.com*

12 Look at lamps as a way to add color and sculpture to the room without the clutter of too many knick-knacks. Three-way bulbs are a must. The low setting emits a soft glow; turn up the juice when you're ready to read.

from Facebook fans

5 One of my favorite tricks is to prime one wall with multiple coats of Rust-Oleum's magnetic primer ($22 per quart), then paint over it with whatever color you like. It turns the wall into a message center or gallery for kids' artwork without the visual clutter and multiple nail holes of a bunch of corkboards.

PATRICE BEVANS, designer

11 Once a month, do dinner and a movie night around the coffee table. Match the food to the flick. Try these fun pairings:

Sweet Home Alabama with ribs, corn on the cob, sweet tea, and peach cobbler for dessert would do the trick perfectly.

LINDSEY FORKEY

I'd fix an Italian feast and watch *Under the Tuscan Sun*. We'd have pasta, salad with farmer's market veggies, artisan cheese, and olive bread.

PATRICIA FABER ERWIN

Watch *Mystic Pizza* and have personal-size pizzas each person can top the way they like.

HOLLI LOWE STURGILL

Start with boeuf bourguignon for *Julie & Julia*, then serve chocolate torte with *Chocolat*.

DANIELLE ORGAN

Join Better Homes and Gardens on Facebook at *facebook.com/mybhg*

PHOTOS: (ROOM) CAMERON SADEGHPOUR; (LAMP) MARTY BALDWIN

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Healthy, Beautiful Smiles for Life.

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13 Floor cushions add extra seating—perfect for kids—without introducing more furniture than your room can handle.

EDDIE MAESTRI, architect and designer

Round pintuck floor pillow, $42, **urbanoutfitters.com**

14 The size of TV your room can accommodate depends on how far you sit from it. The distance between you and the screen should be equal to two or three times the diagonal screen size. If you're between two screen sizes, go with the larger one.

15 My secret weapon is a round coffee table with a shelf below. The rounded edges are safer for little noggins.

LIZ LEVIN, designer

16 To fit a reading corner into a small space, choose a tight-back chair rather than one with a separate back cushion. It's shallower but still comfy, especially when you add throw pillows.

17 Stash a lap desk next to or under your favorite chair. Add a pouch containing pens, sticky notes, scissors, and a small stapler and you'll have a well-outfitted, portable workstation.

Lap desk, $20, bedbathandbeyond.com

PHOTOS: (ROOM) MICHAEL PARTENIO; (OTHERS) MARTY BALDWIN

18 Ditch the love seat. It's just 60 inches, so the only time you get two people to sit on one is if they're truly lovers. Instead, go with the 72-inch apartment-size sofa. The extra foot makes all the difference, and you can still pair it with a regular-size sofa.

ELAINE GRIFFIN, *designer*

19 Keep a handheld vacuum plugged in and ready for popcorn and pet hair cleanups.

Try these expert tech picks to make your living room more fun and functional:

20 BLU-RAY PLAYER WITH BUILT-IN WI-FI
Tap into Netflix, Pandora, and other Internet services directly from your TV screen.
Samsung BD-C6500, $250, samsung.com

21 WEB-ENABLED DIGITAL PICTURE FRAME
This frame receives and displays photos sent from e-mail, mobile devices, or Facebook. No need to load a data stick.
Kodak PULSE digital frame, $130, kodak.com

22 REMOTE CONTROL EXTENDER
Control electronics from 100 feet away, even through walls and doors, so you can hide all those black boxes out of sight.
Next Generation remote control extender, about $50, amazon.com

SUZANNE KANTRA, *techlicious.com*

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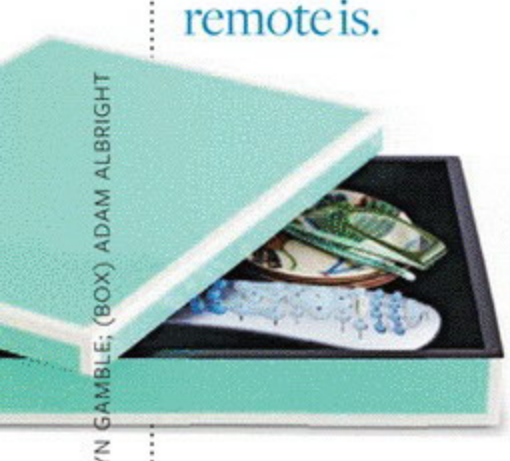
23 Make the floor extra cushy for lounging by throwing a layer of carpet padding under your area rug. Buy it at any home improvement or carpet store. You can pad a 6×9 rug for about $30.
EDDIE MAESTRI, architect and designer

24 Keep a bowl full of Scrabble tiles or dominoes on the coffee table to encourage "unplugged" family time.
LISA ROBISON, designer

25 Stash remotes (plus coasters, napkins, lip balm, and other necessities) in an attractive box with a lid. Bonus: You'll always know where the remote is.



PHOTOS: (ROOM) KATHRYN GAMBLE; (BOX) ADAM ALBRIGHT

26 If you have a desk or workspace in the room, go for the prettiest office accessories you can find, and use a dining chair as a stylish, streamlined seat.

27 Choosing furniture upholstered in outdoor fabrics, Ultrasuede, synthetic blends, or fabrics treated with high-tech stain-resistance, such as Nanotex, adds longevity to your room, whether your life includes kids, pets, or clumsy guests.
LIZ LEVIN, designer

28 Want a collected-over-time look, right now? You can't go wrong if you mix a slipcovered sofa, a dark wood coffee table, and a leather chair. Pick distressed wood and leather so you won't have to worry as much about putting the first scratch on them.
MITCHELL GOLD and BOB WILLIAMS, furniture experts

29 Get that expensive pillow squish from any bargain pillow cover when you swap the foam for a down insert. (You can find them for as little as $6 for a 12-inch square.)
MICHAEL WALTERS, stylist

30 Use cork trivets as oversize coasters that hold a drink and a snack. "File" them in a letter sorter or toast rack.

Vyvanse: For the treatment of ADHD.

Visit Vyvanse.com for savings off your first prescription.*
*Restrictions may apply.

Please see Important Safety Information and Patient Brief Summary on adjacent pages.

CONSISTENTLY Vyvanse™ (lisdexamfetamine dimesylate) capsules
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VYV-01635 06/10

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(lisdexamfetamine dimesylate) capsules

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MEDICATION GUIDE

VYVANSE®(lisdexamfetamine dimesylate) CII

Read the Medication Guide that comes with Vyvanse before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with Vyvanse.

What is the most important information I should know about Vyvanse?
Vyvanse is a stimulant medicine. The following have been reported with use of stimulant medicines.

1. Heart-related problems:

- **sudden death in patients who have heart problems or heart defects**
- **stroke and heart attack in adults**
- **increased blood pressure and heart rate**

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting Vyvanse.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with Vyvanse.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking Vyvanse.

2. Mental (Psychiatric) problems:

All Patients

- **new or worse behavior and thought problems**
- **new or worse bipolar illness**
- **new or worse aggressive behavior or hostility**

Children and Teenagers

- **new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms**

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking Vyvanse, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

What Is Vyvanse?

Vyvanse is a central nervous system stimulant prescription medicine. **It is used for the treatment of Attention-Deficit Hyperactivity Disorder (ADHD).** Vyvanse may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD. Vyvanse should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

Vyvanse is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep Vyvanse in a safe place to prevent misuse and abuse. Selling or giving away Vyvanse may harm others, and is against the law.

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

Who should not take Vyvanse?

Vyvanse should not be taken if you or your child:

- have heart disease or hardening of the arteries
- have moderate to severe high blood pressure
- have hyperthyroidism
- have an eye problem called glaucoma
- are very anxious, tense, or agitated
- have a history of drug abuse
- are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI
- is sensitive to, allergic to, or had a reaction to other stimulant medicines

Vyvanse has not been studied in children less than 6 years old. Vyvanse is not recommended for use in children less than 3 years old.

Vyvanse may not be right for you or your child. Before starting Vyvanse tell your or your child's doctor about all health conditions (or a family history of) including:

- heart problems, heart defects, high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- tics or Tourette's syndrome
- liver or kidney problems
- thyroid problems
- seizures or have had an abnormal brain wave test (EEG)

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

Can Vyvanse be taken with other medicines?

Tell your doctor about all of the medicines that you or your child take including prescription and non-prescription medicines, vitamins, and herbal supplements. Vyvanse and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking Vyvanse. Your doctor will decide whether Vyvanse can be taken with other medicines.

Especially tell your doctor if you or your child takes:

- anti-depression medicines including MAOIs
- anti-psychotic medicines
- lithium
- blood pressure medicines
- seizure medicines
- narcotic pain medicines

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking Vyvanse without talking to your doctor first.

How should Vyvanse be taken?

- **Take Vyvanse exactly as prescribed.** Vyvanse comes in 6 different strength capsules. Your doctor may adjust the dose until it is right for you or your child.
- Take Vyvanse once a day in the morning.
- Vyvanse can be taken with or without food.
- From time to time, your doctor may stop Vyvanse treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking Vyvanse. Children should have their height and weight checked often while taking Vyvanse. Vyvanse treatment may be stopped if a problem is found during these check-ups.
- **If you or your child takes too much Vyvanse or overdoses, call your doctor or poison control center right away, or get emergency treatment.**

What are possible side effects of Vyvanse?

See **"What is the most important information I should know about Vyvanse?"** for information on reported heart and mental problems.

Other serious side effects include:

- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision

Common side effects include:

- upper belly pain
- dizziness
- irritability
- nausea
- weight loss
- decreased appetite
- dry mouth
- trouble sleeping
- vomiting

Vyvanse may affect your or your child's ability to drive or do other dangerous activities. Talk to your doctor if you or your child has side effects that are bothersome or do not go away. This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Vyvanse?

- Store Vyvanse in a safe place at room temperature, 59 to 86° F (15 to 30° C). Protect from light.
- **Keep Vyvanse and all medicines out of the reach of children.**

General information about Vyvanse

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use Vyvanse for a condition for which it was not prescribed. Do not give Vyvanse to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about Vyvanse. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Vyvanse that was written for healthcare professionals. For more information about Vyvanse, please contact Shire US Inc. at 1-800-828-2088.

What are the ingredients in Vyvanse?

Active Ingredient: lisdexamfetamine dimesylate

Inactive Ingredients: microcrystalline cellulose, croscarmellose sodium, and magnesium stearate. The capsule shells contain gelatin, titanium dioxide, and one or more of the following: D&C Red #28, D&C Yellow #10, FD&C Blue #1, FD&C Green #3, and FD&C Red #40.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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Last Modified: 04/2010 VYV-01811

Shire

Vyvanse: Shown to provide consistent ADHD symptom control even at 13 hours after taking.

7:00 AM
Ate breakfast
and took Vyvanse.

8:30 AM
School time

5:00 PM
Homework time

8:00 PM
Family time

**If your child has ADHD,
talk to a pediatrician about Vyvanse.
For more information visit Vyvanse.com
or call 1-866-630-1283.**

In a clinical study of children with ADHD, Vyvanse was shown to provide ADHD symptom control at 90 minutes after taking. The most common side effects were decreased appetite, trouble sleeping, headache, and irritability.

Visit Vyvanse.com for savings off your first prescription.*

*Restrictions may apply.

INDICATION

Vyvanse is a prescription medicine for the treatment of ADHD. Efficacy based on two controlled trials in children aged 6 to 12 and two controlled trials in adults. Vyvanse should be used as part of a total treatment program that may include counseling or other therapies.

IMPORTANT SAFETY INFORMATION

Vyvanse is a stimulant medicine. Abuse of stimulants may lead to dependence. Misuse of stimulants may cause sudden death and serious cardiovascular adverse events. These events have also been reported rarely with stimulant use.

Tell the doctor about any heart conditions, including structural abnormalities, that you, your child, or a family member, may have. Inform the doctor ***immediately*** if you or your child develops symptoms that suggest heart problems, such as chest pain or fainting.

Vyvanse should not be taken if you or your child has advanced disease of the blood vessels (arteriosclerosis); symptomatic heart disease; moderate to severe high blood pressure; overactive thyroid gland (hyperthyroidism); known allergy or unusual reactions to drugs called sympathomimetic amines (for example, pseudoephedrine); glaucoma; a history of problems with alcohol or drugs; agitated states; taken a monoamine oxidase inhibitor (MAOI) within the last 14 days.

Tell the doctor ***before*** taking Vyvanse if you or your child is being treated for or has symptoms of depression (sadness, worthlessness, or hopelessness) or bipolar disorder; has abnormal thoughts or visions, hears abnormal sounds, or has been diagnosed with psychosis; has had seizures or abnormal EEGs; has or has had high blood pressure; exhibits aggressive behavior or hostility. Tell the doctor ***immediately*** if you or your child develops any of these conditions or symptoms while taking Vyvanse.

Talk to your health care provider if your child experiences slowing of growth (height and weight). Children should have their height and weight checked periodically while taking Vyvanse. Your healthcare provider may stop Vyvanse treatment if a problem is found during these check-ups.

The most common side effects reported in studies of Vyvanse were upper belly pain, dry mouth, weight loss, irritability, vomiting, nausea, dizziness, trouble sleeping and decreased appetite.

Aggression, new abnormal thoughts/behaviors, mania, growth suppression, worsening of motion or verbal tics, and Tourette's syndrome have been associated with use of drugs of this type. Tell the doctor if you or your child has blurred vision while taking Vyvanse.

Please see Patient Brief Summary on adjacent page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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(lisdexamfetamine dimesylate) capsules
20 mg, 30 mg, 40 mg, 50 mg, 60 mg, 70 mg capsules

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ADVERTISEMENT

Vertical Gardening

Ryan McPartlin, star of NBC's hit series "Chuck," is ready to bring a new dimension to his backyard with vertical gardening. TV designer and carpenter, Carey Evans, shows Ryan how he can easily build his own trellis and create a new focal point to his yard in one afternoon.

GETTING STARTED

A trellis is a great solution to hide an eyesore or divide a space. Hardware stores carry the pre-made latticework and post uprights you'll need to construct a simple trellis. Cedar, Redwood, and pressure-treated lumber are the best choices of wood for outside use. Remember to only use galvanized steel screws and nails to secure the trellis frame. Plan before you make cuts, and follow all safety precautions when using tools.

FINISHING TOUCHES

Use a posthole digger to dig deep enough to safely support the trellis through all weather conditions. Pour a few inches of gravel at the bottom for drainage and set the trellis posts in the hole. Make sure the posts stay level as you tightly pack the holes with a mixture of dirt and gravel. Once the trellis is secure, place your climbing plants in the ground and use biodegradable string to tie up and "train" your plant growth.

For more great organization tips and a behind-the-scenes look at Ryan's photo shoot, visit **lovetheair.com**

FOLLOW CAREY'S SIMPLE TIPS FOR LESSENING EXPOSURE TO ALLERGENS WHEN WORKING OUTDOORS

1 Head outdoors after 10:00 AM, when pollen counts tend to be lower than in early morning hours.

2 Set up your projects in a driveway, inside a garage, or on a patio. If you have to work in the grass, make sure you are on level ground.

3 Control your immediate exposure to dust and allergens by wearing protective eyewear, facemask, and gloves.

ZYRTEC lovetheair™

ABOUT CAREY As a hands-on Interior Designer, Organizational Expert, and Television Personality, Carey creates environments that improve and simplify a modern family's hectic lifestyle.

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Introducing allergy relief at liquid speed.* That's the powerful relief of ZYRTEC,® the fastest 24-hour allergy medicine, now in a liquid gel.**

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*Starts working at hour one. **Among name brand OTC products. Relieves sneezing, runny nose, itchy, watery eyes, and itchy nose or throat.
***Offer good until 12/31/10. Registration required. ©McNEIL-PPC, Inc. 2010.

Mm

Nn

Pp

OREO

Milk's Favorite Back-to-School Cookie.

© 2010 Kraft Foods.

Beauty Spot

Celebrate autumn's radiance inside and out with colorful blooms, whispering grasses, and dressed-up terra-cotta pots.

PURPLE SMOKEBUSH AND BLACK-EYED SUSAN MAKE A HANDSOME PAIRING.

Go Online

Download a free plan of this garden, and more of Lark Kulikowski's gardening secrets at BHG.com/nonstopborder.

COLOR SPLASH
For season-long color, Lark Kulikowski combines a spring-, a summer-, and a fall-blooming perennial within a 3–4-foot area, repeating the pattern throughout her garden.

Color to grow

PINCH BACK HERE, MOVE OVER THERE; THIS ARTIST KEEPS THE GARDEN COLOR FLOWING.

by PATRICE PELTIER photos BOB STEFKO

Sporting a meat fork—her favorite tool—stuffed handle-down into her calf-high boots, Midwest artist Lark Kulikowski thoughtfully surveys her canvas. It's a work that's never finished—a 150-foot-wide perennial border spanning her suburban Milwaukee backyard. She constantly tinkers, adding strokes of color when the mood strikes. "You can move plants any time—it's just a matter of keeping them watered," she says.

The learning process began when Lark and her husband, David, first moved into their current home. The look of the prairies inspired Lark to start a Plains-style garden. There was just one problem. "I couldn't stand all that grass growing up around the perennials," Lark says with a laugh. So she began researching other plants and garden styles in a quest to create a living artwork that expresses her love of continuous color.

Her garden still includes prairie favorites, such as coneflower, black-eyed Susan, and New England aster, but they're joined by sedum, Russian sage, and, yes, even some ornamental grasses. Each year, she divides plants to keep clumps from getting too large. She transplants the divisions to add color to other areas that need it or to enhance the repetition of form and texture. To extend the color show she loves, Lark uses a clever trick: In May and June, she pinches back half of each clump of summer- and fall-blooming perennials so the cut-back portion will flower later than the rest of the plant—keeping her border in bloom from May until frost.

"I never thought I'd become so passionate about perennial gardening," she says. "Every year I learn a little more, and every year it makes me happier and happier. I've learned that flowers make our hearts smile."

For buying information see page 253.

FEELING BLUE "I'm always looking for ways to add blue to the garden," explains Lark, *above*, with husband David. She does this not only by using plants with blue flowers and foliage but also with salvaged objects—for example, bottles and dishes, *top*—that create glittering highlights. Though Lark relies mainly on perennials for color, she doesn't hesitate to use annuals to reinforce the bright hues. *Opposite*, she slips a container of alternanthera and coleus into an old chair—painted blue, of course.

pleased to greet you

An inviting deck proves to be the ultimate site for social networking.

by ERIC LISKEY
photos **ALISON MIKSCH**
produced by **BETSY HARRIS**

FROM THE HEARTH
Built from bluestone and fieldstone, Robin and Chip Nielsen's fireplace brings a warm mood to gatherings.

©2010 Kraft Foods

So lusciously tempting. You'll be positively giddy.

hello jell-O

Facebook.com/jello

Sure, Facebook can be fun, but for Chip and Robin Nielsen, nothing beats face time—especially when enjoyed along with a little fresh air and flowers on the deck of their Cincinnati home.

"We wanted a simple gathering area," Robin says. "Not a lot of little nooks, but an open space." Their inviting ground-level deck fills the bill, its low profile seamlessly extending the living space of the couple's ranch-style home. Cozy seating groups rather than walls delineate dining and relaxation zones. And it's all crowned by a pergola that furthers the feeling of being inside a true room—without blocking light or views of the surrounding garden.

IN GOOD COMPANY
Intimate furniture groupings within the open floor plan make the deck work whether the gathering is just family (Chip, Robin, and their dog, Baxter) or all their friends.

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WHITE THIS WAY
Columns direct traffic flow and add architectural interest while supporting the white pergola, a pleasing contrast to green plants and the home's gray exterior.

TABLE FOR TWO
When the weather is nice, Robin and Chip often have lunch at the bistro table. Cleanup and flower-watering is no hassle, thanks to an underdeck gutter system that whisks water away. Chip can wash the low-sitting deck without worries of a muddy mess.

Underfoot, flooring boasts indoor-worthy beauty. The Nielsens chose ipe hardwood decking (secured with a hidden fastening system, so no screwheads are visible) that not only looks great but also is nearly indestructible —important to Chip, who didn't want to be saddled with a lot of maintenance.

The crowning touch comes from a stone fireplace that provides the deck's visual and social focal point, especially on crisp fall evenings, when the warmth of the fire exerts a seemingly irresistible pull. "Friends drop over, and I know what's next," Robin says with a smile. "We head straight outside."

Cattails or cat tails.
Try a different way to treat your allergies.

Whether you have outdoor allergies, indoor allergies, or both, ask your doctor about prescription SINGULAIR. While most allergy medicines block histamine, SINGULAIR works differently by blocking leukotrienes, an underlying cause of allergy symptoms. No other allergy medicine works like that. One SINGULAIR once a day is proven to help relieve allergy symptoms without causing drowsiness. Got allergy nose? **Ask your doctor about SINGULAIR. A different way to treat allergies.**

IMPORTANT SAFETY INFORMATION

SINGULAIR may cause serious side effects. Behavior and mood-related changes have been reported: agitation including aggressive behavior or hostility, bad or vivid dreams, depression, disorientation, feeling anxious, hallucinations (seeing or hearing things that are not really there), irritability, restlessness, sleepwalking, suicidal thoughts and actions (including suicide), tremor, and trouble sleeping. Tell your healthcare provider right away if you have any of these symptoms while taking SINGULAIR.

The most common side effects with SINGULAIR include upper respiratory infection, fever, headache, sore throat, cough, stomach pain, diarrhea, earache or ear infection, flu, runny nose, and sinus infection.

SINGULAIR should not be taken by people who are sensitive to any of its ingredients.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please read the Patient Information on the adjacent page and discuss it with your doctor. To learn more about SINGULAIR, visit singulair.com or call 888-MERCK-95.

A DIFFERENT WAY TO TREAT ALLERGIES

ONCE-A-DAY
SINGULAIR®
(MONTELUKAST SODIUM)

MERCK patient assistance program

Having trouble paying for your Merck medicine? Merck may be able to help.
Call 888-MERCK-95 or visit merck.com/merckhelps.

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Patient Information
SINGULAIR® (SING-u-lair) (montelukast sodium) Tablets
SINGULAIR® (montelukast sodium) Chewable Tablets
SINGULAIR® (montelukast sodium) Oral Granules

Read the Patient Information Leaflet that comes with SINGULAIR before you start taking it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your healthcare provider about your medical condition or your treatment.

What is SINGULAIR?

- SINGULAIR is a prescription medicine that blocks substances in the body called leukotrienes. This may help to improve symptoms of asthma and allergic rhinitis. SINGULAIR does not contain a steroid.

SINGULAIR is used to:

1. Prevent asthma attacks and for the long-term treatment of asthma in adults and children ages 12 months and older.

   Do not take SINGULAIR if you need relief right away for a sudden asthma attack. If you get an asthma attack, you should follow the instructions your healthcare provider gave you for treating asthma attacks.

2. Prevent exercise-induced asthma in people 15 years of age and older.

3. Help control the symptoms of allergic rhinitis (sneezing, stuffy nose, runny nose, itching of the nose). SINGULAIR is used to treat:
   - outdoor allergies that happen part of the year (seasonal allergic rhinitis) in adults and children ages 2 years and older, **and**
   - indoor allergies that happen all year (perennial allergic rhinitis) in adults and children ages 6 months and older.

Who should not take SINGULAIR?

Do not take SINGULAIR if you are allergic to any of its ingredients.

See the end of this leaflet for a complete list of the ingredients in SINGULAIR.

What should I tell my healthcare provider before taking SINGULAIR?

Before taking SINGULAIR, tell your healthcare provider if you:
- are allergic to aspirin
- have phenylketonuria. SINGULAIR chewable tablets contain aspartame, a source of phenylalanine
- have any other medical conditions
- are pregnant or plan to become pregnant. If you are pregnant or plan to become pregnant, SINGULAIR may not be right for you. If you become pregnant while taking SINGULAIR, talk to your healthcare provider about reporting your pregnancy to the Pregnancy Registry for SINGULAIR, or you can enroll in this registry by calling 1-800-986-8999.
- are breast-feeding or plan to breast-feed. It is not known if SINGULAIR passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby while taking SINGULAIR.

Tell your healthcare provider about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Some medicines may affect how SINGULAIR works, or SINGULAIR may affect how your other medicines work.

How should I take SINGULAIR?

For anyone who takes SINGULAIR:
- Take SINGULAIR exactly as prescribed by your healthcare provider. Your healthcare provider will tell you how much SINGULAIR to take, and **when to take it.**
- Do not stop taking SINGULAIR or change when you take it without talking with your healthcare provider.
- You can take SINGULAIR with food or without food. See the information below in the section "How should I give SINGULAIR oral granules to my child?" for information about what foods and liquids can be taken with SINGULAIR oral granules.
- **If you or your child misses a dose of SINGULAIR, just take the next dose at your regular time.** Do not take 2 doses at the same time.
- If you take too much SINGULAIR, call your doctor.

For adults and children 12 months of age and older with asthma:
- Take SINGULAIR 1 time each day, in the evening. Continue to take SINGULAIR every day for as long as your healthcare provider prescribes it, even if you have no asthma symptoms.
- Tell your healthcare provider right away if your asthma symptoms get worse, or if you need to use your rescue inhaler medicine more often for asthma attacks.
- **Do not take SINGULAIR if you need relief right away from a sudden asthma attack.** If you get an asthma attack, you should follow the instructions your healthcare provider gave you for treating asthma attacks.
- Always have your rescue inhaler medicine with you for asthma attacks.
- Do not stop taking or lower the dose of your other asthma medicines unless your healthcare provider tells you to.

For patients 15 years of age and older for the prevention of exercise-induced asthma:
- Take SINGULAIR at least 2 hours before exercise.
- Always have your rescue inhaler medicine with you for asthma attacks.
- If you take SINGULAIR every day for chronic asthma or allergic rhinitis, **do not** take another dose to prevent exercise-induced asthma. Talk to your healthcare provider about your treatment for exercise-induced asthma.
- **Do not take 2 doses of SINGULAIR within 24 hours (1 day).**

For adults and children 2 years of age and older with seasonal allergic rhinitis, or for adults and children 6 months of age and older with perennial allergic rhinitis:
- Take SINGULAIR 1 time each day, at about the same time each day.

How should I give SINGULAIR oral granules to my child?

Give SINGULAIR oral granules to your child exactly as instructed by your healthcare provider.

Do not open the packet until ready to use.

SINGULAIR 4-mg oral granules can be given:
- right in the mouth; or
- dissolved in 1 teaspoonful (5 mL) of cold or room temperature baby formula or breast milk; or
- mixed with 1 spoonful of one of the following soft foods at cold or room temperature: applesauce, mashed carrots, rice, or ice cream.

Give the child all of the mixture right away, within 15 minutes.

Do not store any leftover SINGULAIR mixture (oral granules mixed with food, baby formula, or breast milk) for use at a later time. Throw away any unused portion.

Do not mix SINGULAIR oral granules with any liquid drink other than baby formula or breast milk. Your child may drink other liquids after swallowing the mixture.

What is the dose of SINGULAIR?

The dose of SINGULAIR prescribed for your or your child's condition is based on age:
- 6 to 23 months: one packet of 4-mg oral granules.
- 2 to 5 years: one 4-mg chewable tablet or one packet of 4-mg oral granules.
- 6 to 14 years: one 5-mg chewable tablet.
- 15 years and older: one 10-mg tablet.

What should I avoid while taking SINGULAIR?

If you have asthma and aspirin makes your asthma symptoms worse, continue to avoid taking aspirin or other medicines called non-steroidal anti-inflammatory drugs (NSAIDs) while taking SINGULAIR.

What are the possible side effects of SINGULAIR?

SINGULAIR may cause serious side effects.

- **Behavior and mood-related changes.** Tell your healthcare provider right away if you or your child have any of these symptoms while taking SINGULAIR:
  - agitation including aggressive behavior or hostility
  - bad or vivid dreams
  - depression
  - disorientation
  - feeling anxious
  - hallucinations (seeing or hearing things that are not really there)
  - irritability
  - restlessness
  - sleep walking
  - suicidal thoughts and actions (including suicide)
  - tremor
  - trouble sleeping

- **Increase in certain white blood cells (eosinophils) and possible inflamed blood vessels throughout the body (systemic vasculitis).** Rarely, this can happen in people with asthma who take SINGULAIR. This usually, but not always, happens in people who also take a steroid medicine by mouth that is being stopped or the dose is being lowered.

Tell your healthcare provider right away if you get one or more of these symptoms:
- a feeling of pins and needles or numbness of arms or legs
- a flu-like illness
- rash
- severe inflammation (pain and swelling) of the sinuses (sinusitis)

The most common side effects with SINGULAIR include:
- upper respiratory infection
- fever
- headache
- sore throat
- cough
- stomach pain
- diarrhea
- earache or ear infection
- flu
- runny nose
- sinus infection

Other side effects with SINGULAIR include:
- increased bleeding tendency
- allergic reactions [including swelling of the face, lips, tongue, and/or throat (which may cause trouble breathing or swallowing), hives and itching]
- dizziness, drowsiness, pins and needles/numbness, seizures (convulsions or fits)
- palpitations
- nose bleed, stuffy nose
- diarrhea, heartburn, indigestion, inflammation of the pancreas, nausea, stomach or intestinal upset, vomiting
- hepatitis
- bruising, rash
- joint pain, muscle aches and muscle cramps
- tiredness, swelling

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of SINGULAIR. For more information ask your healthcare provider or pharmacist.

Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store SINGULAIR?
- Store SINGULAIR at 59°F to 86°F (15°C to 30°C).
- Keep SINGULAIR in the container it comes in.
- Keep SINGULAIR in a dry place and away from light.

General Information about the safe and effective use of SINGULAIR

Medicines are sometimes prescribed for purposes other than those mentioned in Patient Information Leaflets. Do not use SINGULAIR for a condition for which it was not prescribed. Do not give SINGULAIR to other people even if they have the same symptoms you have. It may harm them. **Keep SINGULAIR and all medicines out of the reach of children.**

This leaflet summarizes information about SINGULAIR. If you would like more information, talk to your healthcare provider. You can ask your pharmacist or healthcare provider for information about SINGULAIR that is written for health professionals. For more information, go to www.singulair.com or call the Merck National Service Center at 1-800-NSC-Merck (1-800-672-6372).

What are the ingredients in SINGULAIR?

Active ingredient: montelukast sodium

Inactive ingredients:
- 4-mg oral granules: mannitol, hydroxypropyl cellulose, and magnesium stearate.
- 4-mg and 5-mg chewable tablets: mannitol, microcrystalline cellulose, hydroxypropyl cellulose, red ferric oxide, croscarmellose sodium, cherry flavor, aspartame, and magnesium stearate.

  People with Phenylketonuria: SINGULAIR 4-mg chewable tablets contain 0.674 mg of phenylalanine, and SINGULAIR 5-mg chewable tablets contain 0.842 mg of phenylalanine.

- 10-mg tablet: microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, hydroxypropyl cellulose, and magnesium stearate. The film coating contains: hydroxypropyl methylcellulose, hydroxypropyl cellulose, titanium dioxide, red ferric oxide, yellow ferric oxide, and carnauba wax.

US Patent No.: 5,565,473
Issued May 2010

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MADE TO FIT
The peaked pergola takes its design cues from the Nielsens' house and matches the scale of the tall fireplace chimney.

For buying information see page 253.

Helps erase odors

New Always Dri-Liners Plus+ help eliminate odors – and worries. With patented Odor-Lock™ technology, they continuously absorb and neutralize odors.

Odor-Lock

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Island Escape is just one of the refreshing fragrances you'll discover in the Glade®

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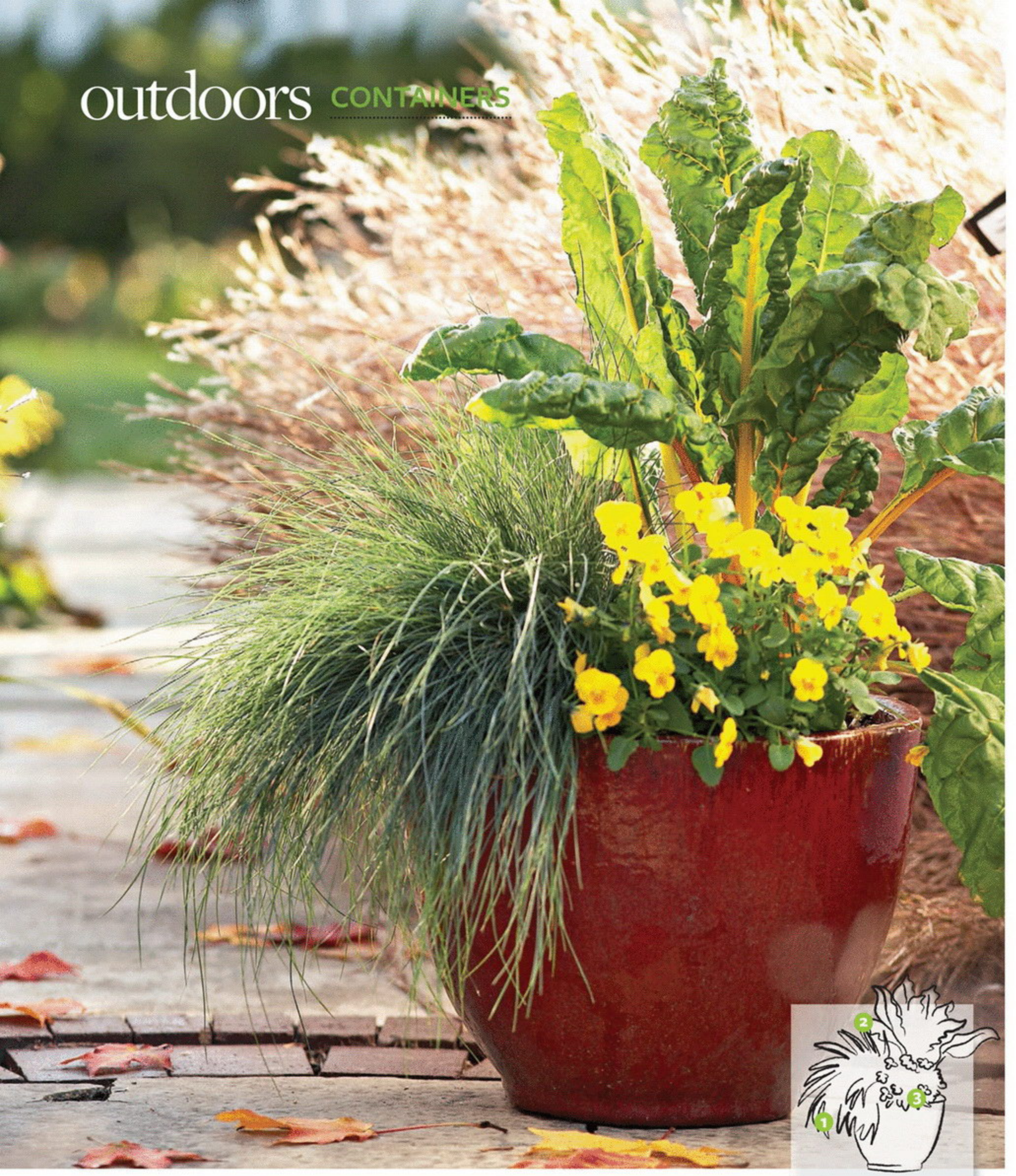

grass act

Amp up the drama of your patio or deck decor by pairing ornamental grasses in containers with other seasonal performers.

by JANE AUSTIN McKEON photos PETE KRUMHARDT
produced by SCOTT J. JOHNSON

1) **TUFTED HAIRGRASS** (*Deschampsia caespitosa* 'Northern Lights') adds soft texture. Zones 4–10
2) **'BRIGHT LIGHTS' SWISS CHARD** Annual
3) **VIOLA** Zones 2–11

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Countless uses for under $1
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1) **SOFT RUSH** (*Juncus effusus* 'Quartz Creek') Zones 4–9
2) **ISLAND BROCADE SEDGE** (*Carex ciliatomarginata* 'Shimanishiki') Zones 5–8
3) **FLOWERING KALE** Annual

tip From the Test Garden

Room to Grow Grasses need ample space to spread their roots. Select a container that's at least double the width and depth of the nursery pot. Consider growth habits, too: Trailing species call for taller pots than upright ones.

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Introducing the TEMPUR-Cloud™ *Supreme*

The softest, plushest Tempur-Pedic bed ever! It's a breakthrough combination of softness AND support... with a feel you simply can't get from a regular mattress or pillow-top.

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"ask me why it's soft as a cloud and it still supports me"

"ask me why it's bye-bye pillow-top"

TEMPUR-PEDIC 20 YEAR LIMITED WARRANTY

Take the first step! Call for your FREE DVD & Information Kit

1-888-245-5109 or visit TempurPedic.com/cloud

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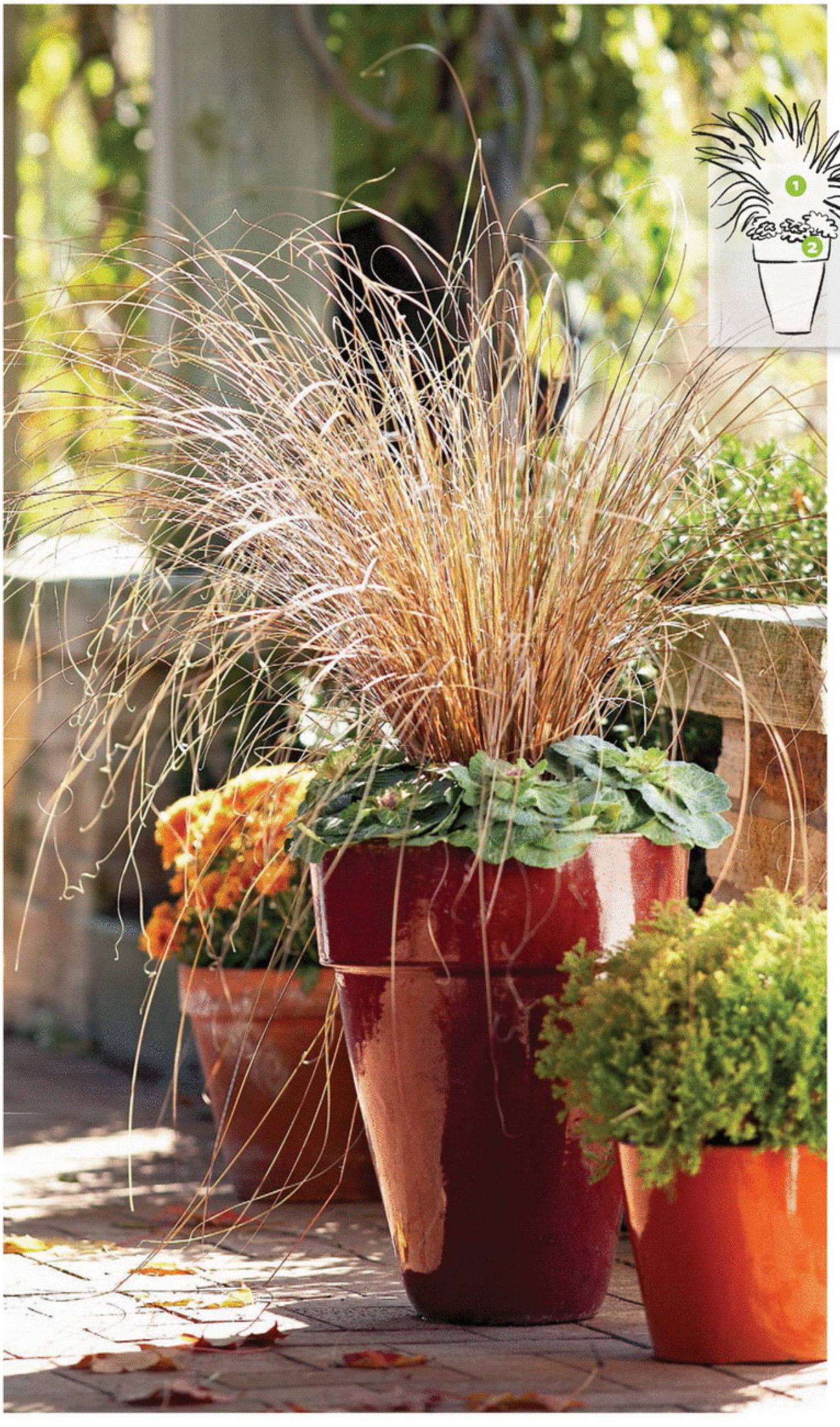
TEMPUR-PEDIC®

The most highly recommended bed in America.™



1) **TOFFEE TWIST SEDGE** (*Carex flagellifera*) Zones 7–10
2) **FLOWERING KALE** Annual

Life Grows On

Grasses deliver instant (and easy) impact in a container. Just plant them in quality potting soil and water when the soil dries. Perennial grasses keep on giving even after the season ends. Follow these tips to keep them growing.

FALL MOVE
Transplant perennial grasses from containers to the garden before the ground freezes. Toss annuals on the compost pile at season's end.

WINTER WONDER
Leave grasses standing in your garden for architectural interest. Seedheads are a good food source for birds.

SPRING BUZZ
Before new growth sprouts in spring, cut back dried grass stalks to a few inches above the base.

PANCAKE, TURKEY SAUSAGE, WOODEN STICK. PROOF CHILDHOOD DREAMS DO COME TRUE.

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New Jimmy D's helps your kids reach their full potential. Made with Turkey Sausage wrapped in a Pancake for a taste kids love, it's a great way to start their day right.

On September 14th,
we fight for survival.

Join the fight. Help beat breast cancer with a $49 massage,* and together we can raise $500,000 for Susan G. Komen for the Cure.® Appointments are limited. Schedule your massage today.

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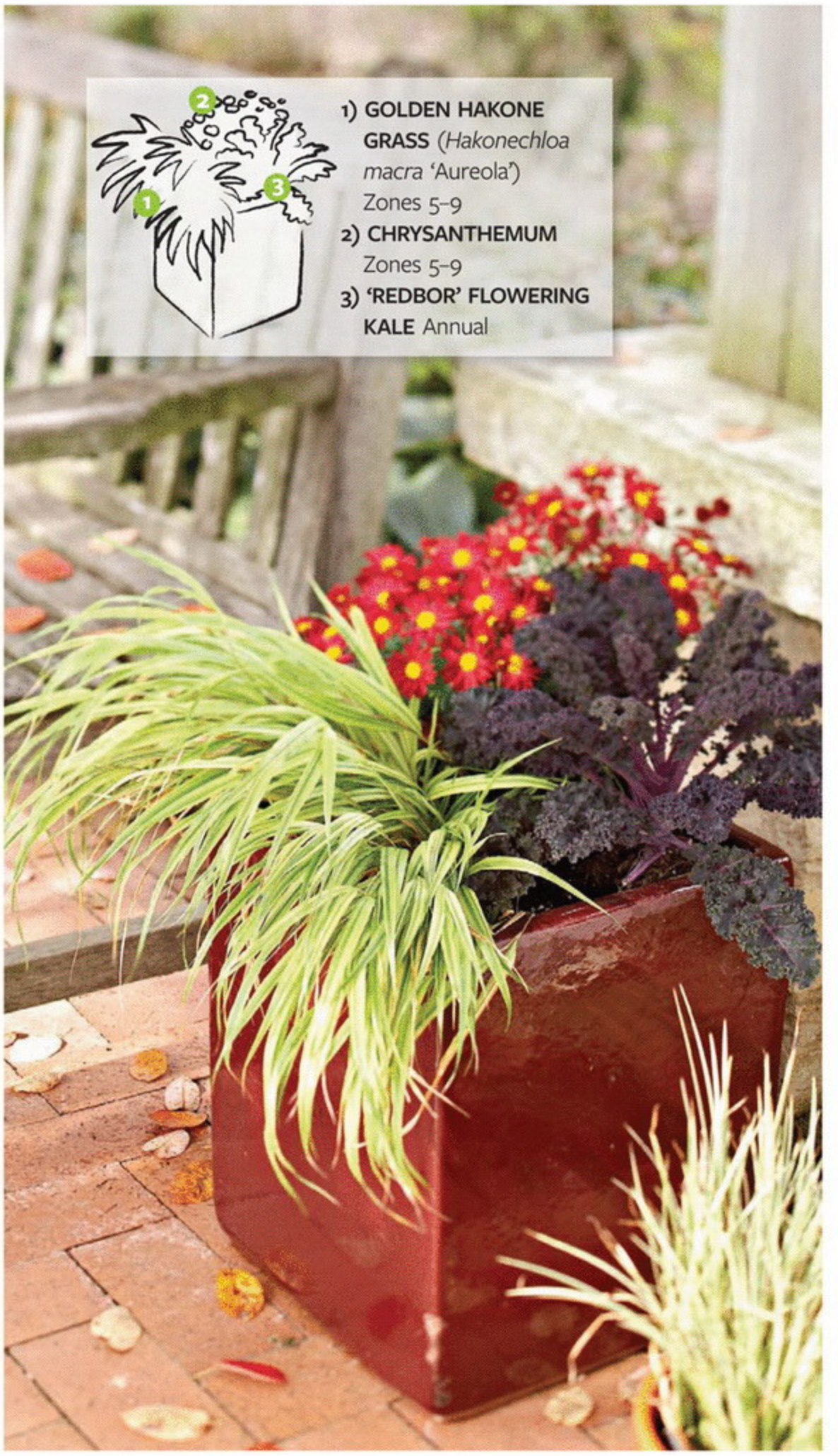
*Massage session consists of a 50-minute massage and time for consultation and dressing. Monthly pre-paid massages and gift cards not accepted on day of event. $15 per massage donated to Susan G. Komen for the Cure,® with a guaranteed minimum donation of $250,000. ©2010 Massage Envy Franchising, LLC.



Graceful foliage belies the tough-guy traits of grasses. Their resistance to drought and pests makes them all the more lovable.

For buying information see page 253.

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At Home with the "O"

Live Your Way, Affordably

Meadow Outdoor Table Lamp $64.99

The Craftsman Thermometer Clock $44.99

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SIMPONI,® a full month of RA relief with one dose a month.

SIMPONI,® FOR MODERATE TO SEVERE RHEUMATOID ARTHRITIS (RA) IN ADULTS.

Just one dose of SIMPONI® monthly helps relieve the pain, stiffness, and swelling of RA. Results may not be the same for everyone. SIMPONI® is used with the medicine methotrexate. Methotrexate is taken as directed. Once you and your doctor are comfortable with the self-injection process, you will inject SIMPONI® just once a month under the skin.

Ask your rheumatologist if SIMPONI® (golimumab) is right for you. Please read the Important Safety Information on the adjacent page.

Visit www.4simponi.com or call 888-4 SIMPONI to see if you qualify for a full year of cost support.

SIMPONI®, used with the medicine methotrexate, is approved to treat adults with moderate to severe rheumatoid arthritis (RA).

IMPORTANT SAFETY INFORMATION

SIMPONI® (golimumab) is a prescription medicine. SIMPONI® can lower your ability to fight infections. There are reports of serious infections caused by bacteria, fungi, or viruses that have spread throughout the body, including tuberculosis (TB) and histoplasmosis. Some of these infections have been fatal. Your doctor will test you for TB before starting SIMPONI® and will monitor you for signs of TB during treatment. Tell your doctor if you have been in close contact with people with TB. Tell your doctor if you have been in a region (such as the Ohio and Mississippi River Valleys and the Southwest) where certain fungal infections like histoplasmosis or coccidioidomycosis are common.

You should not start SIMPONI® if you have any kind of infection. Tell your doctor if you are prone to or have a history of infections or have diabetes, HIV or a weak immune system. You should also tell your doctor if you are currently being treated for an infection or if you have or develop any signs of an infection such as:

- fever, sweat, or chills
- muscle aches
- cough
- shortness of breath
- blood in phlegm
- weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more than normal
- feel very tired

Unusual cancers have been reported in children and teenage patients taking TNF-blocker medicines. For children and adults taking TNF blockers, including SIMPONI,® the chances for getting lymphoma or other cancers may increase. You should tell your doctor if you have had or develop lymphoma or other cancers.

Tell your doctor about all the medications you take including ORENCIA (abatacept), KINERET (anakinra), RITUXAN (rituximab) or another TNF blocker, or if you are scheduled to or recently received a vaccine. People taking SIMPONI® should not receive live vaccines.

Reactivation of hepatitis B virus has been reported in patients who are carriers of this virus and are taking TNF-blocker medicines, such as SIMPONI.® Some of these cases have been fatal. Your doctor may do blood tests before and after you start treatment with SIMPONI.® Tell your doctor if you know or think you may be a carrier of hepatitis B virus or if you experience signs of hepatitis B infection, such as:

- feel very tired
- skin or eyes look yellow
- little or no appetite
- vomiting
- muscle aches
- dark urine
- clay-colored bowel movements
- fevers
- chills
- stomach discomfort
- skin rash

Heart failure can occur or get worse in people who use TNF blockers like SIMPONI.® Your doctor will closely monitor you if you have heart failure. Tell your doctor right away if you get new or worsening symptoms of heart failure like shortness of breath or swelling of your lower legs or feet.

Rarely, people using TNF blockers can have nervous system problems such as multiple sclerosis. Tell your doctor right away if you have symptoms like vision changes, weakness in your arms or legs, or numbness or tingling in any part of your body.

Liver problems can happen in people using TNF blockers. Contact your doctor immediately if you develop symptoms such as feeling very tired, skin or eyes look yellow, poor appetite or vomiting, or pain on the right side of your stomach.

Low blood counts have been seen with people using TNF blockers. If this occurs, your body may not make enough blood cells to help fight infections or help stop bleeding. Your doctor will check your blood counts before and during treatment. Tell your doctor if you have signs such as fever, bruising, bleeding easily, or paleness.

Rarely, people using TNF blockers have developed lupus-like symptoms. Tell your doctor if you have any symptoms such as a rash on your cheeks or other parts of the body, sensitivity to the sun, new joint or muscle pain, becoming very tired, chest pain or shortness of breath, swelling of the feet, ankles, and/or legs.

New or worse psoriasis symptoms may occur. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus.

Tell your doctor if you are allergic to rubber or latex. The needle cover contains dry natural rubber.

Tell your doctor if you have any symptoms of an allergic reaction while taking SIMPONI® such as hives, swollen face, breathing trouble, chest pain.

Common side effects of SIMPONI® include: upper respiratory tract infection, nausea, abnormal liver tests, redness at site of injection, high blood pressure, bronchitis, dizziness, sinus infection, flu, runny nose, fever, cold sores, numbness, or tingling.

Please read the Medication Guide for SIMPONI® and discuss any questions you have with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

25GL09424R

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Just one dose, once a month.

Medication Guide

MEDICATION GUIDE
SIMPONI® (SIM-po-nee)
(golimumab)

Read the Medication Guide that comes with SIMPONI before you start taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using SIMPONI.

What is the most important information I should know about SIMPONI?
SIMPONI is a medicine that affects your immune system. SIMPONI can lower the ability of your immune system to fight infections. Some people have serious infections while taking SIMPONI, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that spread throughout their body. Some people have died from these serious infections.
- Your doctor should test you for TB before starting SIMPONI.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with SIMPONI.

You should not start taking SIMPONI if you have any kind of infection unless your doctor says it is okay.

Before starting SIMPONI, tell your doctor if you:
- think you have an infection or have symptoms of an infection such as:
  - fever, sweat, or chills
  - muscle aches
  - cough
  - shortness of breath
  - blood in phlegm
  - weight loss
  - warm, red, or painful skin or sores on your body
  - diarrhea or stomach pain
  - burning when you urinate or urinate more often than normal
  - feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB
- live, have lived, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use SIMPONI. Ask your doctor if you do not know if you have lived in an area where these infections are common.
- have or have had hepatitis B
- use the medicine Orencia (abatacept), Kineret (anakinra), or Rituxan (rituximab)

After starting SIMPONI, call your doctor right away if you have any symptoms of an infection. SIMPONI can make you more likely to get infections or make worse any infection that you have.

Cancer
- There have been cases of unusual cancers in children and teenage patients taking TNF-blocking agents.
- For children and adults taking TNF-blocker medicines, including SIMPONI, the chances of getting lymphoma or other cancers may increase.
- People with inflammatory diseases including rheumatoid arthritis, psoriatic arthritis, or ankylosing spondylitis, especially those with very active disease, may be more likely to get lymphoma.

What is SIMPONI?
SIMPONI is a prescription medicine called a tumor necrosis factor (TNF) blocker. SIMPONI is used in adults:
- with the medicine methotrexate to treat moderately to severely active rheumatoid arthritis (RA)
- to treat active psoriatic arthritis (PsA) alone or with methotrexate
- to treat active ankylosing spondylitis (AS)

You may continue to use other medicines that help treat your condition while taking SIMPONI, such as non-steroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

What should I tell my doctor before starting treatment with SIMPONI?
SIMPONI may not be right for you. Before starting SIMPONI, tell your doctor about all your medical conditions, including if you:
- have an infection (see **"What is the most important information I should know about SIMPONI?").**
- have or have had lymphoma or any other type of cancer.
- have or had heart failure.
- have or have had a condition that affects your nervous system, such as multiple sclerosis.
- have recently received or are scheduled to receive a vaccine. People taking SIMPONI should not receive live vaccines. People taking SIMPONI can receive non-live vaccines.
- are allergic to rubber or latex. The needle cover on the prefilled syringe and SmartJect autoinjector contains dry natural rubber.
- are pregnant or planning to become pregnant. It is not known if SIMPONI will harm your unborn baby.
- are breastfeeding. You and your doctor should decide if you will take SIMPONI or breastfeed. You should not do both without talking to your doctor first.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially, tell your doctor if you use:
- ORENCIA (abatacept), KINERET (anakinra), or RITUXAN (rituximab). You should not take SIMPONI while you are also taking ORENCIA or KINERET. Your doctor may not want to give you SIMPONI if you have received RITUXAN recently.
- Another TNF-blocker medicine. You should not take SIMPONI while you are also taking REMICADE (infliximab), HUMIRA (adalimumab), ENBREL (etanercept), or CIMZIA (certolizumab pegol).

Ask your doctor if you are not sure if your medicine is one listed above.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine.

How should I use SIMPONI?
- SIMPONI is given as an injection under the skin (subcutaneous injection or SC).
- SIMPONI should be injected one time each month.
- If your doctor decides that you or a caregiver may be able to give your injections of SIMPONI at home, you should receive training on the right way to prepare and inject SIMPONI. Do not try to inject SIMPONI yourself until you have been shown the right way to give the injections by your doctor or nurse.
- Use SIMPONI exactly as prescribed by your doctor.
- SIMPONI comes in a prefilled syringe or SmartJect™ autoinjector. Your doctor will prescribe the type that is best for you.
- See the detailed ***Patient Instructions for Use*** at the end of this Medication Guide for instructions about the right way to prepare and give your SIMPONI injections at home.
- Do not miss any doses of SIMPONI. If you forget to use SIMPONI, inject your dose as soon as you remember. Then, take your next dose at your regular scheduled time. In case you are not sure when to inject SIMPONI, call your doctor or pharmacist.

What are the possible side effects with SIMPONI?
SIMPONI can cause serious side effects, including:

See **"What is the most important information I should know about SIMPONI?"**

Serious Infections
Hepatitis B infection in people who carry the virus in their blood.
- If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use SIMPONI. Your doctor may do blood tests before you start treatment with SIMPONI and while you are using SIMPONI. Tell your doctor if you have any of the following symptoms of a possible hepatitis B infection:
  - feel very tired
  - skin or eyes look yellow
  - little or no appetite
  - vomiting
  - muscle aches
  - dark urine
  - clay-colored bowel movements
  - fevers
  - chills
  - stomach discomfort
  - skin rash

Heart failure, including new heart failure or worsening of heart failure that you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like SIMPONI.
- If you have heart failure, your condition should be watched closely while you take SIMPONI.
- Call your doctor right away if you get new or worsening symptoms of heart failure while taking SIMPONI (such as shortness of breath or swelling of your lower legs or feet).
  - chest pain or shortness of breath
  - swelling of the feet, ankles, and/or legs

Nervous System Problems
Rarely, people using TNF-blocker medicine have nervous system problems such as multiple sclerosis.
- Tell your doctor right away if you get any of these symptoms:
  - vision changes
  - weakness in your arms or legs
  - numbness or tingling in any part of your body

Liver Problems
Liver problems can happen in people who use TNF-blocker medicines, including SIMPONI. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms:
- feel very tired
- skin or eyes look yellow
- poor appetite or vomiting
- pain on the right side of your stomach (abdomen)

Blood Problems
Low blood counts have been seen with other TNF blockers. Your body may not make enough blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding easily, or looking pale. Your doctor will check your blood counts before and during treatment with SIMPONI.

Common side effects with SIMPONI include:
- upper respiratory tract infection
- nausea
- abnormal liver tests
- redness at the site of injection
- high blood pressure
- bronchitis
- dizziness
- sinus infection (sinusitis)
- flu
- runny nose
- fever
- cold sores
- numbness or tingling

Other side effects with SIMPONI include:
- **Immune System Problems.** Rarely, people using TNF-blocker medicines have developed symptoms that are like the symptoms of lupus. Tell your doctor if you have any of these symptoms:
  - a rash on your cheeks or other parts of the body
  - sensitivity to the sun
  - new joint or muscle pains
  - becoming very tired
- **Psoriasis.** Some people using SIMPONI had new psoriasis or worsening of psoriasis that they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with SIMPONI.
- **Allergic Reactions.** Allergic reactions can happen in people who use TNF-blocker medicines. Call your doctor right away if you have any of these symptoms of an allergic reaction:
  - hives
  - swollen face
  - breathing trouble
  - chest pain

These are not all of the side effects with SIMPONI. Tell your doctor about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

How do I store SIMPONI?
- Refrigerate SIMPONI at 36°F to 46°F (2°C to 8°C).
- Do not freeze SIMPONI.
- Keep SIMPONI in the carton to protect it from light when not being used.
- Do not shake SIMPONI.

Keep SIMPONI and all medicines out of the reach of children.

General Information about SIMPONI
Medicines are sometimes prescribed for purposes other than those listed in the Medication Guide. Do not use SIMPONI for a condition for which it was not prescribed.
- Do not give SIMPONI to other people, even if they have the same condition that you have. It may harm them.
- This Medication Guide summarizes the most important information about SIMPONI. If you would like more information, talk to your doctor. You can ask your doctor or pharmacist for information about SIMPONI that is written for health professionals. For more information go to www.simponi.com or call 1-800-457-6399.

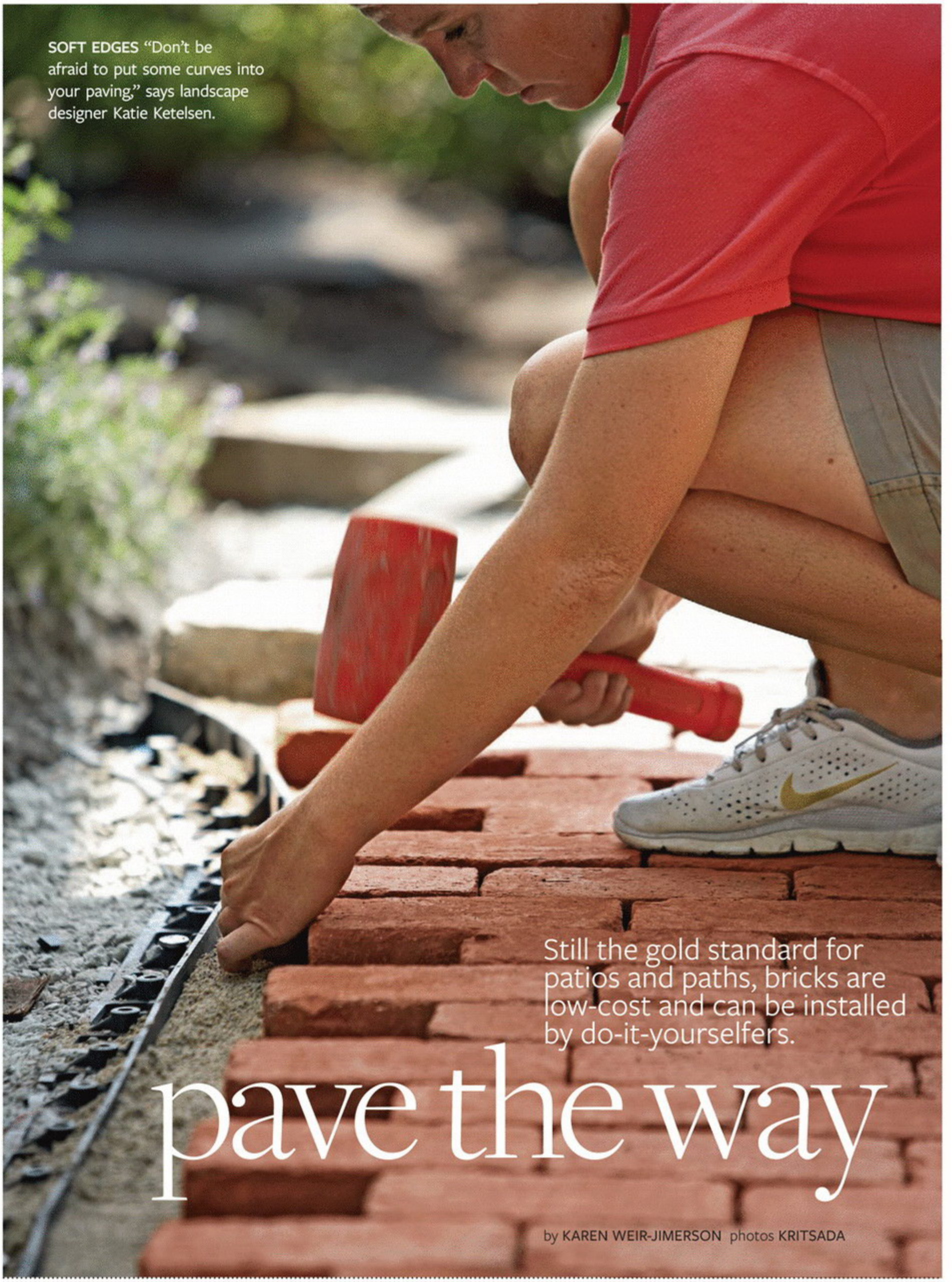
What are the ingredients in SIMPONI?
Active ingredient: golimumab.
Inactive ingredients: L-histidine, L-histidine monohydrochloride monohydrate, sorbitol, polysorbate 80, and water for injection. SIMPONI does not contain preservatives.

Manufactured by:
Centocor Ortho Biotech Inc.
Horsham, PA 19044
US License No. 1821

Revised: 11/2009
25GL09421R

This Medication Guide has been approved by the U.S. Food and Drug Administration.

Simponi®
golimumab



SOFT EDGES "Don't be afraid to put some curves into your paving," says landscape designer Katie Ketelsen.

Still the gold standard for patios and paths, bricks are low-cost and can be installed by do-it-yourselfers.

pave the way

by KAREN WEIR-JIMERSON photos KRITSADA

If you find anything else
inside our bag, it's called your hand.

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Any way you stack them,

bricks offer a stylish and steppable surface that defines outdoor spaces the same way flooring defines indoor rooms. Whether you love the crisp edge of a formal walkway or the casual curves of a meandering path, bricks are your best landscaping friend. "You can do just about anything with brick," says landscape designer Katie Ketelsen of TimberPine Nursery & Greenhouse in Earlham, Iowa, who designed and installed the project pictured here.

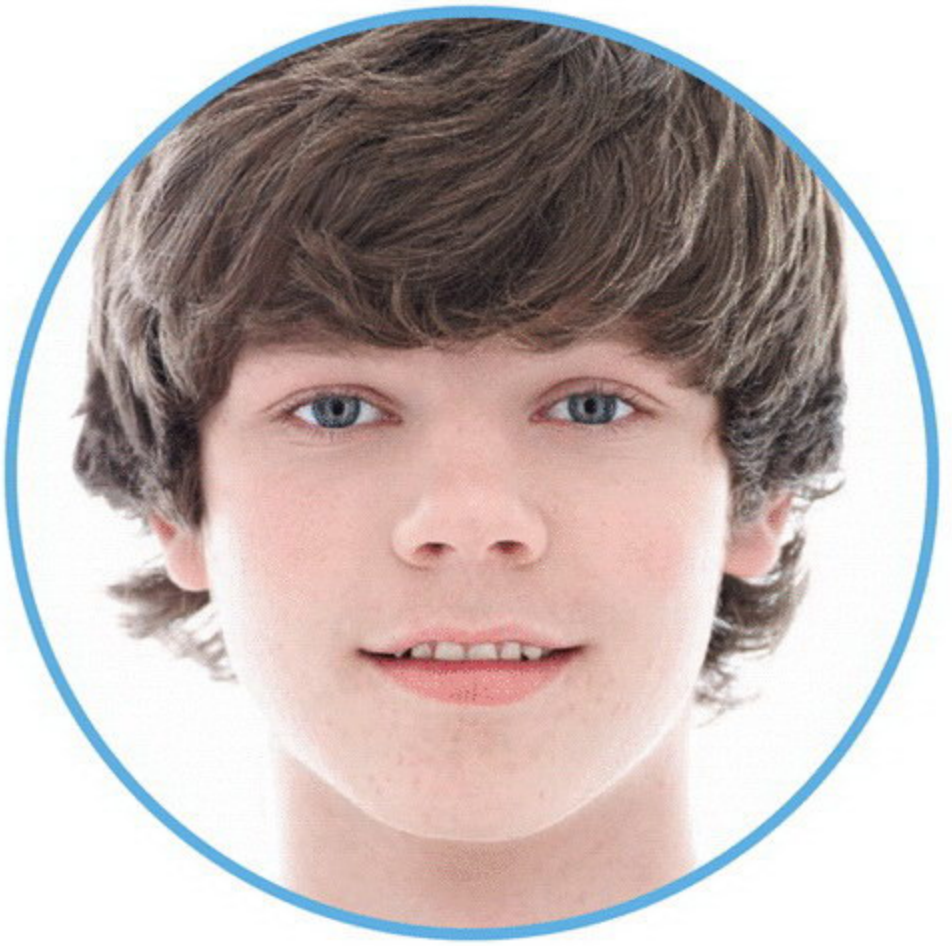
block talk

Before laying the first brick, Katie suggests the following:

PAINT YOUR PLAN
"Use spray paint to outline the perimeter of the project. It helps you visualize what it will look like with your house and landscape."

GO WITH THE FLOW
"Design for traffic flow," says Katie. Creating easy movement from patios to home entries helps an outdoor space function better.

TAKE A SEAT
Make sure you have enough room to scoot dining chairs. "Most people make their patios too small," says Katie. Before installation, put furniture in the actual space to ensure it is large enough.



Now you can help protect both your son and daughter with GARDASIL.

Because HPV disease can impact males and females.

There are over 30 types of human papillomavirus (HPV) that will affect an estimated 75% to 80% of males and females in their lifetime. For most, HPV clears on its own. But, for 30 women a day in the US (about 11,000 women a year), certain types of HPV lead to cervical cancer.

Other types of HPV can cause genital warts in both males and females. It is estimated that each minute in the US, there is a new case of genital warts.

GARDASIL is the only HPV vaccine that helps protect against 4 types of HPV. In girls and young women ages 9 to 26, GARDASIL helps protect against 2 types of HPV that cause about 75% of cervical cancer cases, and 2 more types that cause 90% of genital warts cases. In boys and young men ages 9 to 26, GARDASIL helps protect against 90% of genital warts cases.

GARDASIL may not fully protect everyone. GARDASIL does not prevent all types of cervical cancer, so it's important for women to continue routine cervical cancer screenings. GARDASIL does not treat cervical cancer or genital warts. GARDASIL is given as 3 injections over 6 months.

IMPORTANT SAFETY INFORMATION

Anyone who is allergic to the ingredients of GARDASIL, including those severely allergic to yeast, should not receive the vaccine. GARDASIL is not for women who are pregnant.

The side effects include pain, swelling, itching, bruising, and redness at the injection site, headache, fever, nausea, dizziness, vomiting, and fainting. Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care professional may ask your child to sit or lie down for 15 minutes after your child gets GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your child's health care professional.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088. Please see the Patient Information on the next page to discuss it with your child's doctor or health care professional.

Your child could be

♂oneless ♀

person affected by HPV disease.

GARDASIL®
[Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

gardasil.com **1-800-GARDASIL**

Talk to your child's doctor today.

Having trouble paying for your Merck medicine? Merck may be able to help. Visit merck.com/merckhelps.

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Patient Information about GARDASIL® (pronounced "gard-Ah-sill")

Generic name: [Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

Read this information with care before getting GARDASIL.[1] You (the person getting GARDASIL) will need 3 doses of the vaccine. It is important to read this leaflet when you get each dose. This leaflet does not take the place of talking with your health care provider about GARDASIL.

What is GARDASIL?
GARDASIL is a vaccine (injection/shot) that is used for girls and women 9 through 26 years of age to help protect against the following diseases caused by Human Papillomavirus (HPV):

- Cervical cancer
- Vulvar and vaginal cancers
- Genital warts
- Abnormal and precancerous cervical, vaginal, and vulvar lesions
  - The diseases listed above have many causes, and GARDASIL only protects against diseases caused by certain kinds of HPV (called Type 6, Type 11, Type 16, and Type 18). Most of the time, these 4 types of HPV are responsible for the diseases listed above.
  - GARDASIL cannot protect you from a disease that is caused by other types of HPV, other viruses, or bacteria.
  - GARDASIL does not treat HPV infection.
  - You cannot get HPV or any of the above diseases from GARDASIL.

GARDASIL is used for boys and men 9 through 26 years of age to help protect against genital warts.

What important information about GARDASIL should I know?

- You should continue to get routine cervical cancer screening.
- GARDASIL may not fully protect everyone who gets the vaccine.
- GARDASIL will not protect against HPV types that you already have.

Who should not get GARDASIL?
You should not get GARDASIL if you have, or have had:

- an allergic reaction after getting a dose of GARDASIL.
- a severe allergic reaction to yeast, amorphous aluminum hydroxyphosphate sulfate, polysorbate 80.

What should I tell my health care provider before getting GARDASIL?
Tell your health care provider if you:

- are pregnant or planning to get pregnant. GARDASIL is not recommended for use in pregnant women.
- have immune problems, like HIV infection, cancer, or you take medicines that affect your immune system.
- have a fever over 100°F (37.8°C).
- had an allergic reaction to another dose of GARDASIL.
- take any medicines, even those you can buy over the counter.

Your health care provider will help decide if you should get the vaccine.

How is GARDASIL given?
GARDASIL is a shot that is usually given in the arm muscle. You will need 3 shots given on the following schedule:

- Dose 1: at a date you and your health care provider choose.
- Dose 2: 2 months after Dose 1.
- Dose 3: 6 months after Dose 1.

Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care provider may ask you to sit or lie down for 15 minutes after you get GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your health care provider.

Make sure that you get all 3 doses on time so that you get the best protection. If you miss a dose, talk to your health care provider.

Can other vaccines and medications be given at the same time as GARDASIL?
GARDASIL can be given at the same time as RECOMBIVAX HB®[1] [hepatitis B vaccine (recombinant)] or Menactra [Meningococcal (Groups A, C, Y and W-135) Polysaccharide Diphtheria Toxoid Conjugate Vaccine] and Adacel [Tetanus Toxoid, Reduced Diphtheria Toxoid and Acellular Pertussis Vaccine Adsorbed (Tdap)].

What are the possible side effects of GARDASIL?
The most common side effects with GARDASIL are:

- pain, swelling, itching, bruising, and redness at the injection site
- headache
- fever
- nausea
- dizziness
- vomiting
- fainting

There was no increase in side effects when GARDASIL was given at the same time as RECOMBIVAX HB [hepatitis B vaccine (recombinant)].

There was more injection-site swelling at the injection site for GARDASIL when GARDASIL was given at the same time as Menactra [Meningococcal (Groups A, C, Y and W-135) Polysaccharide Diphtheria Toxoid Conjugate Vaccine] and Adacel [Tetanus Toxoid, Reduced Diphtheria Toxoid and Acellular Pertussis Vaccine Adsorbed (Tdap)].

Tell your health care provider if you have any of the following problems because these may be signs of an allergic reaction:

- difficulty breathing
- wheezing (bronchospasm)
- hives
- rash

Tell your health care provider if you have:

- swollen glands (neck, armpit, or groin)
- joint pain
- unusual tiredness, weakness, or confusion
- chills
- generally feeling unwell
- leg pain
- shortness of breath
- chest pain
- aching muscles
- muscle weakness
- seizure
- bad stomach ache
- bleeding or bruising more easily than normal

Contact your health care provider right away if you get any symptoms that concern you, even several months after getting the vaccine.

For a more complete list of side effects, ask your health care provider.

What are the ingredients in GARDASIL?
The ingredients are proteins of HPV Types 6, 11, 16, and 18, amorphous aluminum hydroxyphosphate sulfate, yeast protein, sodium chloride, L-histidine, polysorbate 80, sodium borate, and water for injection.

This leaflet is a summary of information about GARDASIL. If you would like more information, please talk to your health care provider or visit www.gardasil.com.

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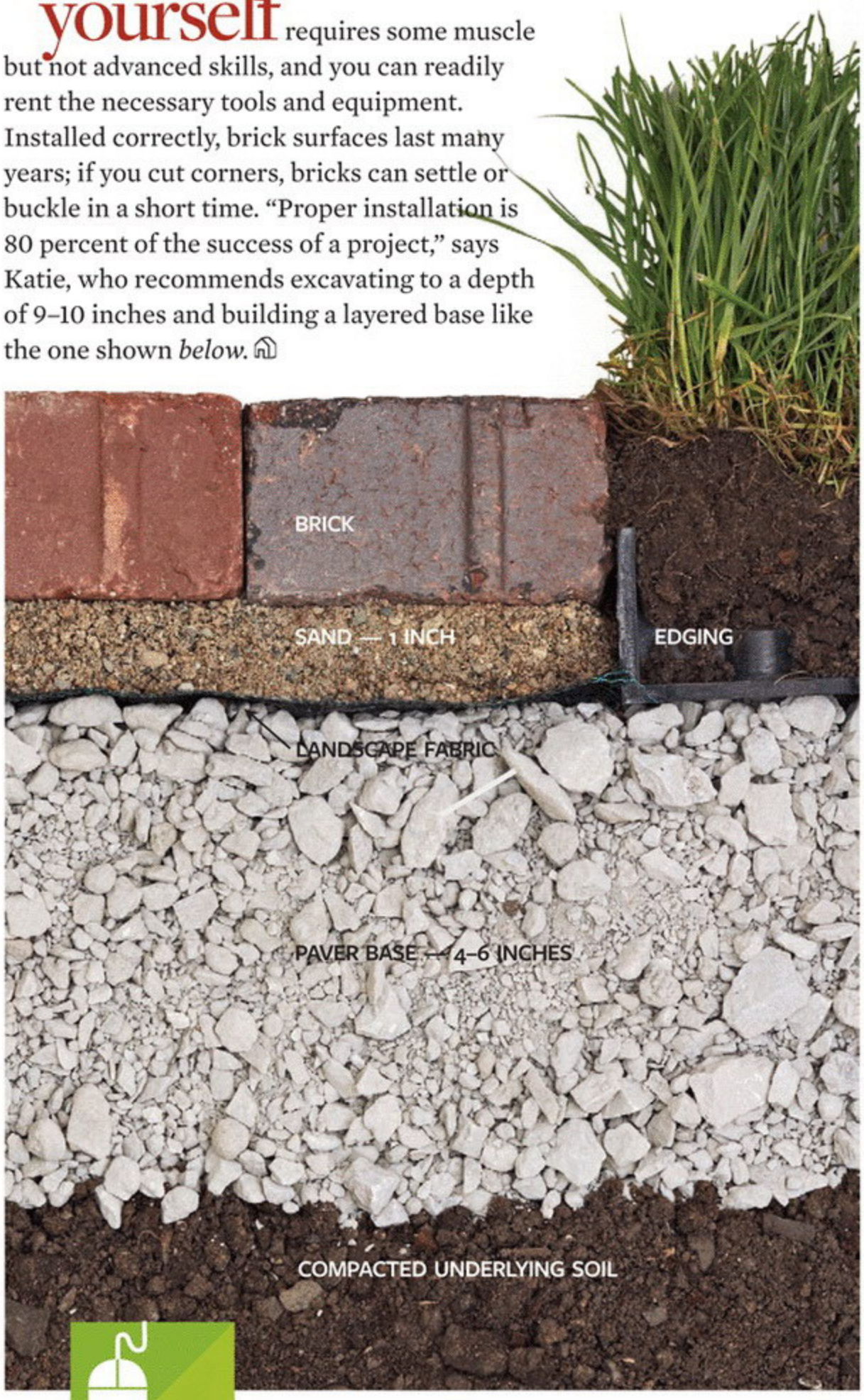
Installing brick yourself

requires some muscle but not advanced skills, and you can readily rent the necessary tools and equipment. Installed correctly, brick surfaces last many years; if you cut corners, bricks can settle or buckle in a short time. "Proper installation is 80 percent of the success of a project," says Katie, who recommends excavating to a depth of 9–10 inches and building a layered base like the one shown *below.*



Go Online

How-to Online For detailed step-by-step instructions for installing a brick surface, plus design ideas for brick paths and patios, go to BHG.com/bricks.

For buying information see page 253.

Secret #36: how to get

locks with luster.

Add ARM & HAMMER® Baking Soda to your shampoo. For pennies a day, you'll remove buildup and improve manageability.

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tree time

COOL FALL WEATHER PROVIDES IDEAL GROWING CONDITIONS FOR NEW TREES.

Buying nursery stock now is good for your pocketbook, too—garden centers often slash prices this time of year to reduce inventories. Check to see if the tree still comes with a one-year, money-back, or replacement guarantee—if it doesn't, the discount may not be such a good deal. Plant a tree at the same depth it grew in the nursery pot, and water regularly until the ground freezes. Mulch around the tree with 3–4 inches of shredded bark.

PHOTO: BLAINE MOATS

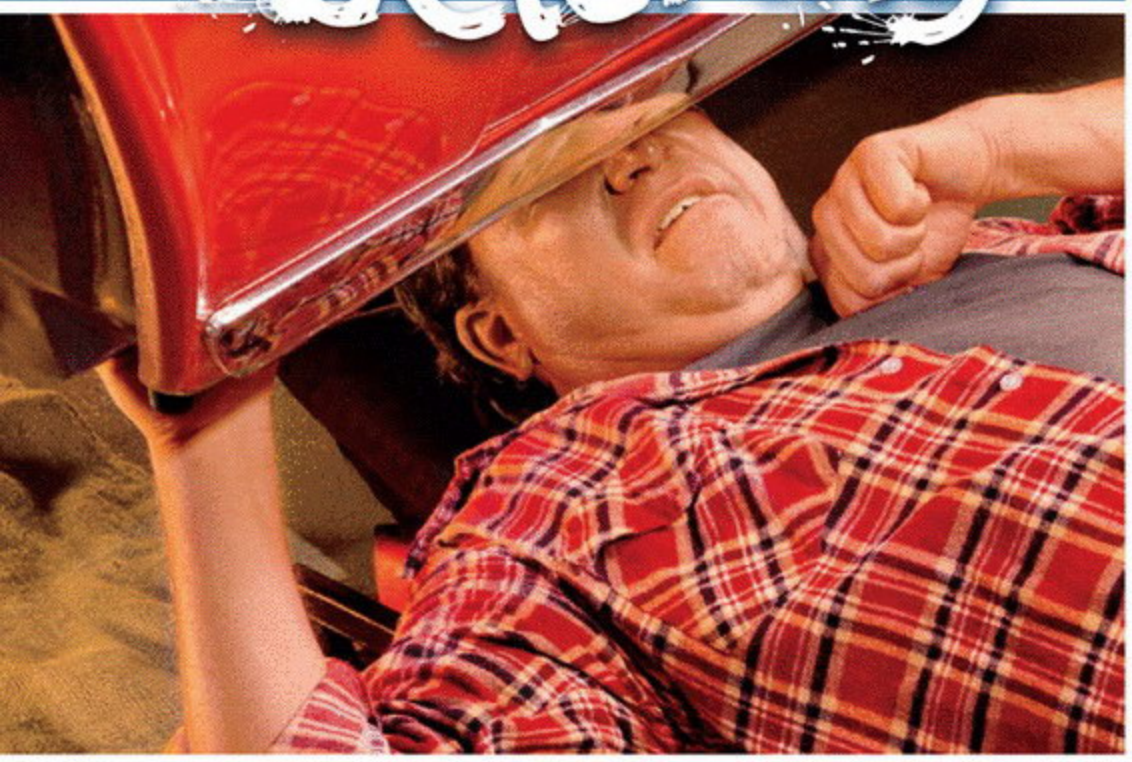
the gardener

TOOLS & TIPS FOR EVERYONE WHO LOVES TO DIG

by JANE AUSTIN McKEON

Acid reflux disease

Burning BAD TASTE IN YOUR THROAT belching



IMPORTANT SAFETY INFORMATION

ACIPHEX has a well-established safety profile.

In adults, the most common side effects with ACIPHEX include pain, sore throat, gas, infection, and constipation.

Symptom relief does not rule out other serious stomach conditions.

Before taking ACIPHEX, tell your doctor if you are taking atazanavir, digoxin, iron salts, ketoconazole, or warfarin.

To learn more, talk to your doctor and read the patient information on the next page.

In adults (≥18 years of age), one ACIPHEX 20 mg tablet daily is used for the treatment of persistent, frequent (2 or more days a week) heartburn and other symptoms associated with acid reflux disease.

Individual results may vary.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

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Manufactured and Marketed by
Eisai
Woodcliff Lake, NJ 07677

Marketed by
PriCara
Division of Ortho-McNeil-Janssen Pharmaceuticals, Inc.
Raritan, NJ 08869-0602

Acid reflux disease.
It's many faces—in many places.

Wherever you go do heartburn, and even a bad taste in your throat, and belching sometimes come along? If persistent heartburn (2 or more days a week) and other symptoms are all too familiar, despite treatment and diet change, it could be acid reflux disease. Talk to your doctor. And ask about prescription ACIPHEX. Because wherever you're headed, relief could be there too.

14 DAYS

Try **ACIPHEX FREE** for 2 weeks!*

1-866-379-0105 | TryAciphex.com/05

See the attached voucher. *Restrictions apply.

AcipHex®
rabeprazole sodium

PATIENT INFORMATION
ACIPHEX (a-se-feks)
(rabeprazole sodium)
Delayed-Release Tablets

Read the Patient Information that comes with ACIPHEX before you start taking it and each time you get a refill. There may be new information. This leaflet does not take the place of talking to your healthcare provider about your medical condition or treatment.

What is ACIPHEX?

ACIPHEX is a medicine called a proton pump inhibitor or an "acid pump inhibitor". This means it reduces the amount of acid that is made by your stomach. ACIPHEX is used in adults:

- for the short-term (4 to 8 weeks) treatment in the healing and symptom relief of damaging (erosive) Gastroesophageal Reflux Disease (GERD).
- to maintain healing of damage (erosions) and relief of heartburn symptoms with GERD. ACIPHEX has not been studied for treatment lasting longer than 12 months (1 year).
- for the treatment of daytime and nighttime heartburn and other symptoms that happen with GERD.
- for short-term treatment (up to 4 weeks) in the healing and relief of stomach-area (duodenal) ulcers. The duodenal area is the area where food passes when it leaves the stomach. The main symptom of a duodenal ulcer is a steady pain in the stomach area.
- with certain antibiotic medicines for the treatment of an infection caused by bacteria called *H. pylori*. Sometimes *H. pylori* bacteria can cause duodenal ulcers. The infection needs to be treated to prevent the ulcers from coming back.
- for the long-term treatment of conditions where your stomach makes too much acid. This includes a condition called Zollinger-Ellison syndrome.

ACIPHEX is used in adolescents 12 years of age and above:

- for the short-term (up to 8 weeks) treatment of GERD.
- The safety and effectiveness of ACIPHEX has not been established for children under the age of 12.

Who should not take ACIPHEX?

Do not take ACIPHEX if you:

- are allergic to any of the ingredients in ACIPHEX. See the end of this leaflet for a complete list of ingredients in ACIPHEX.
- are allergic to any other Proton Pump Inhibitor (PPI) medicine.

What should I tell my doctor before I take ACIPHEX?

Tell your doctor about all of your medical conditions, including if you:

- have any liver problems.
- have any allergies.
- are pregnant or planning to become pregnant. It is not known if ACIPHEX can harm your unborn baby.
- are breastfeeding. It is not known if ACIPHEX passes into your breast milk or if it can harm your baby. You should choose to breastfeed or take ACIPHEX, but not both. Talk to your doctor about other ways to feed your baby while taking ACIPHEX.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins and herbal supplements. ACIPHEX and certain medicines can affect each other. This can cause serious side effects. Know the medicines that you take. Keep a list of them with you and show it to your doctor when you get a new medicine. Be sure to tell your doctor if you are taking:

- atazanavir (Reyataz)
- cyclosporine (Sandimmune, Neoral)
- digoxin (Lanoxin)
- ketoconazole (Nizoral)
- warfarin (Coumadin)
- antibiotics

How should I take ACIPHEX?

- Take ACIPHEX exactly as prescribed. Your doctor will prescribe the dose that is right for you and your medical condition. Do not change your dose or stop taking ACIPHEX unless you talk to your doctor. Take ACIPHEX for as long as it is prescribed even if you feel better.
- ACIPHEX is usually taken once a day. Your doctor will tell you the time of day to take ACIPHEX, based on your medical condition.
- ACIPHEX can be taken with or without food. Your healthcare provider will tell you whether to take this medicine with or without food based on your medical condition.
- Swallow each ACIPHEX tablet whole with water. **Do not chew, crush, or split ACIPHEX tablets** because this will damage the tablet and the medicine will not work. Tell your doctor if you cannot swallow tablets whole. You may need a different medicine.
- **If you miss a dose of ACIPHEX, take it as soon as possible. If it is almost time for your next dose, skip the missed dose and go back to your normal schedule. Do not take 2 doses at the same time.**
- If you take too much ACIPHEX, call your doctor or Poison Control Center right away, or go to the emergency department.
- Your doctor may prescribe antibiotic medicines with ACIPHEX to help treat a stomach infection and heal stomach-area (duodenal) ulcers that are caused by bacteria called *H. pylori*. Make sure you read the patient information that comes with an antibiotic before you start taking it.

What are the possible side effects of ACIPHEX?

ACIPHEX, like other proton pump inhibitors, may cause serious allergic reactions. See the end of this leaflet for a complete list of ingredients in ACIPHEX.

The most common side effects with ACIPHEX may include:

- headache
- pain
- pharyngitis
- flatulence
- infection
- constipation

These are not all the side effects of ACIPHEX. For more information, ask your doctor or pharmacist.

Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store ACIPHEX?

- Store ACIPHEX in a dry place at room temperature, 59°F to 86°F (15°C to 30°C).
- **Keep ACIPHEX and all medicines out of the reach of children.**

General Information about ACIPHEX

Medicines are sometimes prescribed for conditions other than those described in patient information leaflets. Do not use ACIPHEX for any condition for which it was not prescribed by your doctor. Do not give ACIPHEX to other people, even if they have the same symptoms as you. It may harm them.

This leaflet summarizes the most important information about ACIPHEX. If you would like more information, talk to your doctor. You can also ask your doctor or pharmacist for information about ACIPHEX that is written for healthcare professionals. For full product information, visit the website at http://www.aciphex.com/ or call the toll-free numbers 1-888-4-ACIPHEX or 1-800 JANSSEN.

What are the ingredients in ACIPHEX?

Active Ingredient: rabeprazole sodium

Inactive ingredients of the 20 mg tablet are carnauba wax, crospovidone, diacetylated monoglycerides, ethylcellulose, hydroxypropyl cellulose, hypromellose phthalate, magnesium stearate, mannitol, propylene glycol, sodium hydroxide, sodium stearyl fumarate, talc, and titanium dioxide. Iron oxide yellow is the coloring agent for the tablet coating. Iron oxide red is the ink pigment.

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What is GERD?

Your stomach needs acid to help your body digest food. Stomach acid is made by tiny acid pumps in the cells that line your stomach. If your body makes too much acid or cannot protect itself against a normal amount of acid, medical problems such as GERD can happen.

GERD happens when acid in your stomach backs up into the tube (esophagus) that connects your mouth to your stomach. Stomach acid can damage (erode) the lining of your esophagus. Some symptoms of GERD are heartburn, sour taste in the back of your throat and burping.

For prescription only

Revised January 2009

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AC0109P

NIGHT LIGHTS

Add flair to a patio table or along a sunny garden path with Solar Votives, *above*. The hand-blown glass features a solar panel and an LED light that emits a kaleidoscope of colors at night. Available in sapphire, amber, and garnet. $40; **allsopgarden.com**

queen of the shade

Woo-hoo! The new 'Empress Wu' hosta, *above,* is huge. Named for the only female emperor in Chinese history, this regal specimen grows 4 feet tall and 5–6 feet wide. Lavender flowers bloom in midsummer. Hardy in Zones 3–8. To purchase, call 800/420-2852, or go to BHG.com/gardenstore3.

14%

That's how much good landscaping can increase the resale value of a home. Improving curb appeal may speed up the sale by as much as six weeks.

Source: Associated Landscape Contractors of America

PHOTOS: (VOTIVES) BLAINE MOATS; (HOSTA) WHITE FLOWER FARM

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Q: We lost a tree in our yard, and now the hostas that once thrived underneath it look stressed. Do some hostas tolerate sun?

Most hostas prefer shade, but there are some that do fine in full sun, including 'Invincible', 'Sun Power', 'Sunny Delight', 'Squash Casserole', 'Fragrant Bouquet', and 'Fried Bananas'. (In the South, all hostas need midday shade.) In general, thicker-leaved hostas hold up in sun because they retain moisture better. Yellow-leaved kinds typically are more tolerant than those with blue leaves. To help your hostas recover from the shock of increased sun exposure, water them regularly and mulch around plants to keep soil consistently moist. You may find that they actually take a shine to the sun. If they don't, transplant them to a shadier site.

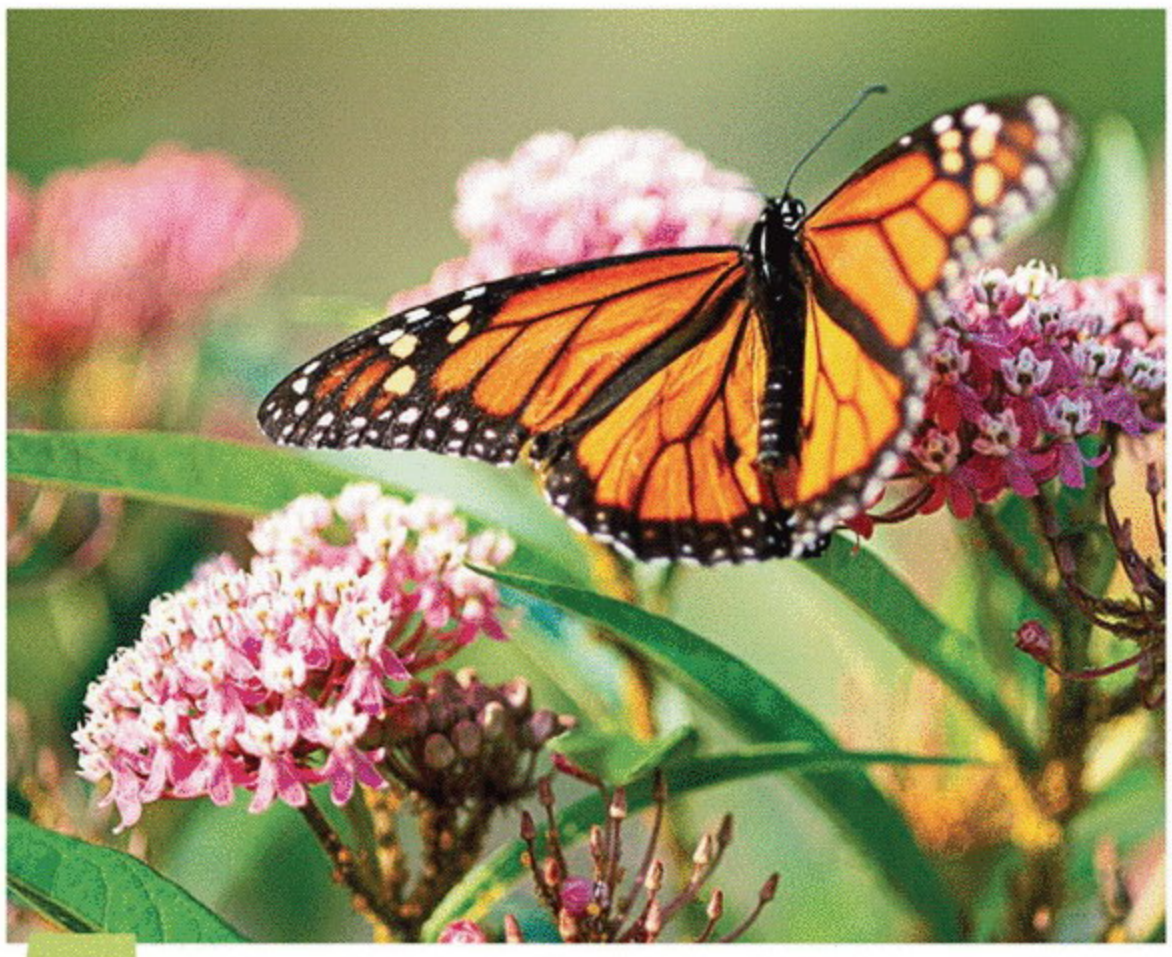
STYLISH BUT TOUGH

Stretchy fabric in Ethel gloves, *above*, ensures dexterity. A rubberized grip and reinforced fingertips make them durable. Styles shown: Port Royale (top) and Jubilee. $20; **ethelgloves.com**

GARDEN SMARTS

September is the best time to reseed northern lawn grasses (bluegrass, ryegrass, and tall fescue). Use one of the all-in-one seeding products that combine seed and mulch. Keep moist.

ERIC LISKEY, BHG GARDEN EDITOR



5 ways to make your yard more butterfly friendly

- **Plant a variety of sun-loving,** bright-colored flowers that produce nectar throughout the season. You can cater to butterflies right now by planting late-season perennials, such as purple coneflower (*Echinacea purpurea*), phlox, goldenrod (*Solidago*), and New England aster (*Aster novae-angliae*).
- **Provide a shallow water source,** such as a pie pan with wet sand at the bottom.
- **Avoid pesticides.** They're fatal to all insects, not just pests.
- **Be a slacker.** Butterflies actually prefer untidy gardens, giving you permission to sit back and enjoy the show.
- **Get your garden certified** as a "Monarch Waystation." Plant some milkweeds (*Asclepias* spp.), *above*, the sole host food for monarch caterpillars. Butterfly weed (*A. tuberosa*) is a good compact species. For more information on Monarch Waystations, go to monarchwatch.org/waystations.

PHOTOS: (GLOVES) KRITSADA; (MILKWEED) ANDREW DRAKE

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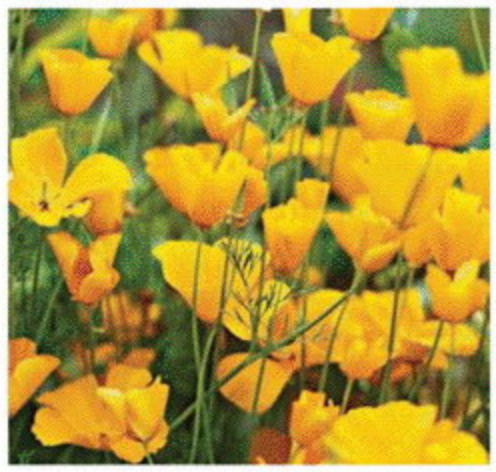
outdoors SEPTEMBER GARDENER

THIS MONTH IN THE GARDEN

north Sow seeds of cool-season crops, such as lettuce, spinach, and Swiss chard, *above*, directly in the garden. Water daily to keep soil moist for germination. Seedlings will sprout quickly in the warm soil and mature as temperatures decline.

south Tired of trimming hard-to-get-to crannies between your lawn and flower borders? Install an edging with bricks, flagstones, or pavers set flush with ground level. Inside wheels roll on top of the edging, letting you mow and trim in one pass.



west Scatter seeds of native wildflowers, including California poppies (*Eschscholzia californica*), *above*, lupines (*Lupinus spp.*), and gilias (*Gilia spp.*), in open, sunny areas. These perky cool-season flowers will provide color next spring.

PHOTOS: (SWISS CHARD) KELLY NORRIS; (EDGING) PETE KRUMHARDT; (POPPIES) BILL HOLT

Check out contributing editor Debra Prinzing's blog at debraprinzing.com.

DEBRA'S GARDEN

meadow in a vase

Most ornamental grasses look their best in the late summer and early fall. I use the downy plumes of fountain, feather, and silver grasses to lend a soft texture to my autumn bouquets. When combined with other seasonal ingredients (asters, dahlias, zinnias, fall foliage), the slender grasses and their fluffy tufts are reminiscent of a prairie. To create this dreamy look, insert clusters of grass stems throughout the arrangement. Or encircle the vase's rim with cut grasses so their tassels spill over the edge of the bouquet like a soft collar. For a gallery of my favorite grasses for cutting, visit debraprinzing.com.

PHOTOS: (DEBRA PRINZING) WILLIAM WRIGHT; (BOUQUET) PETE KRUMHARDT

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Stack & Stick

Make end tables and planter pedestals, *left*, by stacking containers and saucers in creative combinations.

DESIGNING

Sketch out possible combinations, or play with pots you already have on hand, to find a design you like. Once you have the necessary pieces, assemble them without gluing to make sure the result is what you envisioned.

GLUING

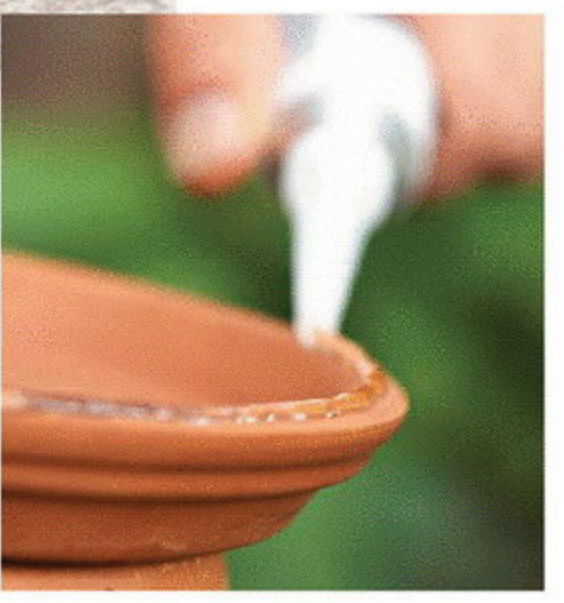
Use craft adhesive (we used E6000) to attach pieces. Run a solid bead on each surface to be glued, *below*, assemble, then let the assembly dry according to directions. A spray coat of clay pot sealer will help the terra-cotta resist weathering.

For buying information see page 253.

feat of clay

Turn inexpensive terra-cotta pots into fun, functional patio decor. All you need is glue.

by **ERIC LISKEY** photos **PETE KRUMHARDT** produced by **WADE SCHERER**



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state of the art

Artist Karen Kimmel works in eye-catching colors and abstract shapes—who better to help us create fall fashion masterpieces?

by KELLY L. PHILLIPS photos PERRY HAGOPIAN
styling JONNY LICHTENSTEIN

ARTIST'S SMOCK
Wake up a gray skirt with a silk shell splashed in deep shades reminiscent of Monet's deep impressionist ponds. Forensic dream pleated top, RACHEL Rachel Roy, $69; at select Macy's stores and rachelroy .com. Tweed skirt, Lauren by Ralph Lauren, $179; at select Macy's stores. Sayulita statement necklace, Stella & Dot, $178; stelladot.com. Purple agate bracelet, Tova, $85; tovastore.com. Satin stilettos, Badgley Mischka, $185; zappos.com

MAKEUP: SUSAN GIORDANO FOR LANCOME AT KRAMER+KRAMER. HAIR: MITCH BARRY AT BRYAN BANTRY

"Creativity isn't just reserved for artists; it's something everyone can access. Helping people tap into that is one of the most important things I do."

MIXED MEDIA Think like an *artiste*, and shake up traditional styles: This shealth gets edgier with built-in gunmetal chain detailing, and a drapey necklace unexpectedly borrows jersey fabric to create its loops. Satin dress with chain detail on sleeve, Kenneth Cole, $199; at KCNY retail stores. Mixed media necklace, m.haskell, $40; 212/764-3332 to order. Thick wooden bangle, R.J. Graziano, $115; 212/685-1248 to order. Jennings zip-back pump, MICHAEL Michael Kors, $165; 866/709- 5677 for locations. Seidenglatt 70 tights, Falke, $38; herroom.com

MEET Fine artist Karen Kimmel, 43, creator of The Art of Exchange workshops, and designer of a line of children's educational toys and tools called Kimmel Kids

HER WORKSHOPS "The name 'The Art of Exchange' came out of wanting to dispel the idea of 'I'm the artist, you're the student.' Instead, the idea is that I bring something, and you bring something—the teacher is also the student."

ART SCHOOLED "Art is so necessary for children, because it keeps them in the creative process. The kid-friendly abstract stencils I've designed *[on wall behind Karen]* came out of workshops with adults with disabilities. For some people, it's easier to be handed a tool that acts as a starting point than a blank piece of paper."

OUTSIDE THE STUDIO "Even while living in Los Angeles, I can be hiking in ten minutes with my husband, James Bond (yes, that's his real name!) or spend the day at a park or at the beach with my kids, Jersey, 8, and Ace, 3."

HER STYLE "My taste leans minimal, clean, and—on a good day—elegant. But I spend more time simply appreciating avant-garde designers than buying trendy items. Shoes, for example, I appreciate as sculpture."

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"You wear the clothes, they don't wear you. It's not the garment—it's the attitude."

MIX MASTER Pass on the standard black blazer for a piece a little more original—chain edging and ruffle detailing make this topper unique. Ruffle chain jacket, Kensie, $128; at Macy's stores. Silk charm legacy blouse, Ann Taylor, $88; anntaylor.com. Boot-cut jean, MICHAEL Michael Kors, $100; 866/709-5677 for locations

GO MONOCHROMATIC Sticking to one color family instantly directs the eye to interesting patterns and shapes. Trapunto belted anorak, The Limited, $148; thelimited.com. Pencil skirt, Worthington by JCPenney, $25; jcp.com. Black beaded necklace, R.J. Graziano, $75; 212/685-1248 to order

WELL SPOTTED Keep a dark leopard print dress elegant by layering it with an airy poet blouse. Leopard print knit dress, Mac & Jac, $69; amazon.com. Crinkle tie-neck blouse, L.L.Bean Signature, $95; llbeansignature.com

CHAIN REACTION Built-in hardware makes this cozy sweater instantly edgy—no jewelry required. Sweater with chain, Kenneth Cole, $179; at KCNY stores. Wool skirt, Esprit, $70; esprit.com. Tweed Jaden tote, Tory Burch, $250; toryburch.com

FIRST IN SHOW Keep out the first chilly days of fall with a super-versatile sweater coat. Wool tweed jacket, Sisley, $149; 800/535-4491 for store locations. Gray jeggings, Kensie, $34; at Macy's stores. Pewter skinny leather belt, Kenneth Cole, $78; at KCNY stores. Feather pins, Aerie, $10; aerie.com

PHOTOS: JEFF HARRIS. TECHNICAL STYLING: CLAIRE TEDALDI

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quick draw

Sharpen your look with fall's jewel tones for lips and eyes. No special instructions needed—just pencil 'em in.

by **MELISSA MILRAD GOLDSTEIN** photos **JEFF HARRIS** styled by **LAURIE RAAB**

From top:

▶ **RED LETTER** **Shiseido** Automatic Lip Crayon in LC7 is a dual liner and lip color in one; $23.

▶ **TEAL DEAL** This goes on smoothly like cream eyeshadow but dries with a powdery finish that won't crease or slide. **Jemma Kidd** Iridescent Eye Silk Crayon in Ocean; $20.

▶ **PURPLE POP** Change it up. This pencil works as a liner, or as a shadow when smudged with your finger. **Sephora** 504Y; $6.

▶ **GREEN SCENE** Silicone gives lasting color to **Make Up For Ever** Waterproof Eye Shadow Pencil In Pearly Pale Green; $18.

▶ **BLACK & TAN** Play up your peepers with **Almay** Bright Eyes Liner/Highlighter Duo in Soft Black & Champagne; $9.

▶ **PINK BLINK** For a low-key look, glide **Mark**'s Mini Mark It Hook Up Stick in Pink Sand over the eyelid and along the lower lash line; $6.

Good for You
Spot Remover

For years, dermatologists have erased age spots with hydroquinone—an effective treatment, but irritating to some. **Clinique** Even Better Clinical Dark Spot Corrector brings clarity to skin with its mix of vitamin C and *Dianella ensifolia*, a plant native to southeast Asia, a combination found to restore luminosity gently. Use it on key spots on face, hands, and chest; $50.

EAT, PRAY, LOVE ... INHALE

Money's a little tight, so we had to find another way to re-create the scent-ual journey Elizabeth Gilbert experienced traipsing through Italy, India, and Indonesia in her popular book—now movie, *Eat, Pray, Love.* And we did, no ticket required with **Fresh**'s Eat, Pray, Love perfumes. ***Eat*** celebrates Italian indulgences, from cannoli to Prosecco and limoncello. Peaceful, woodsy ***Pray*** is laced with spicy pink pepper, juniper berry, and cardamom. ***Love***'s exotic floral includes bergamot, mango blossom, and dewy jasmine; $32 each.

smoke & mirrors

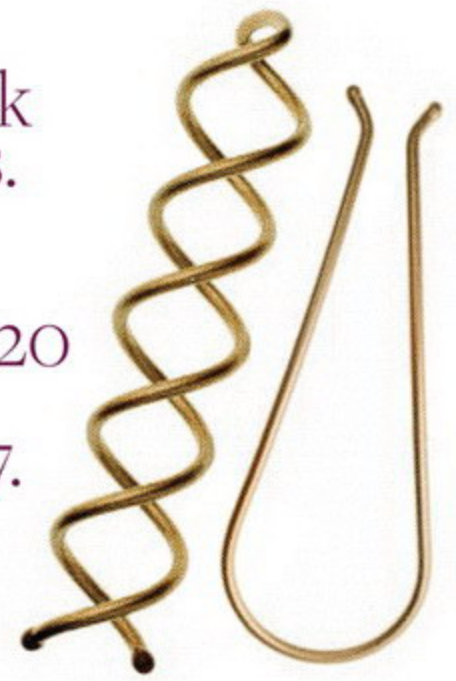
The smoky eye, that night-out staple, has always been simultaneously intriguing and intimidating to try. Precisely why we love **Cover Girl**'s Smoky ShadowBlast, which allows you to experiment without breaking the bank. And, oh yeah, it also happens to be really easy to use. Just sweep the rounded side over the lid, then swipe the chiseled end along the lash line using a cotton swab or your finger to soften the line. Smokin'; $8.

Raising The Bar

Old-school bar soap is getting some face time, thanks to new formulas that deliver the same benefits as liquid facial cleansers. Bonus: Bars last longer and are easier to travel with. From top: AmorePacific Treatment Cleansing Soap, $30; Laszlo Blue Firmarine Treatment Bar, $39; Arcona Berry Fruit Bar, $38; Clinique Acne Solutions Cleansing Bar, $14; Burt's Bees Garden Carrot Complexion Soap, $8; Fresh Umbrian Clay Treatment Bar, $38.

PINUP PERFECTION

Goody's Simple Styles tools make quick work of seemingly complicated hairdos. Our staff went crazy for the Spin Pin. Gather hair in a bun and twist the corkscrew through. It does the work of 20 bobby pins! The Modern Updo Pin creates a swift and effortless chignon; $7.



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you. prettier. at any age.

This simple, speedy makeup routine is all it takes to put your best, youngest-looking face forward every day.

by **MELISSA MILRAD GOLDSTEIN**

Natural beauty is a good thing. Sometimes, though, you wouldn't mind giving nature a bit of a hand. That's where the right cosmetics come in. But don't worry; we're not talking hours in front of the vanity—just the right changeups to your morning routine. "You need a balance," says makeup artist Jemma Kidd. "Skin that already looks great doesn't need much makeup. And for skin that doesn't—well, it just needs the right makeup."

▶ SKIN

Start with a primer. It might be an extra step you're not used to, but it really does fill in fine lines, even out the surface of the skin, and give makeup something to hold onto. And it only takes five seconds. Next, apply foundation. You absolutely need it; you just don't need a lot of it. The goal is to accentuate, not obliterate. Carmindy, a makeup artist and co-creator of Sally Hansen Natural Beauty, advises using liquid, not powder foundations, which tend to rest in lines and creases. Resist a full-face application. Apply only where you need the extra coverage, including under the eyes—you might find you don't even need concealer. Finally, look for luminosity wherever you can, in the primer or the foundation. Any extra glow is good. **TRY: L'Oréal** Studio Secrets Professional Magic Perfecting Base; $13. **Clinique** Supermoisture Makeup; $23. **Boots** No 7 Radiant Glow Concealer; $13.

▶ EYES

The eyes are the most involved part of this routine, but you'll keep it pretty simple if you follow makeup expert Laura Geller's "Four E" rule: Eye primer, Eyeliner, Eyebrows, Eyelashes. "Done right," she promises, "you'll need minimal eye makeup." (She's right. We do this every day and it takes

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Courage. You were born with it. And what better way to nurture that feeling than with a little extra care down there? After all, when you're clean and fresh, you can focus on any opportunity that comes your way. So be ready. Slip a packet of Summer's Eve Feminine Cleansing Cloths into your bag. Gynecologist tested, pH balanced and hypoallergenic, it'll help you unleash that bring-it-on attitude.

Visit summerseve.com for more ideas on feeling your best.

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2 minutes.) Eye Primer works like face primer plus neutralizes any discoloration and oiliness on the lid that would interfere with eye shadow. **TRY: Laura Geller** Eye Spackle; $24. Eyeliner helps lashes look thicker. Just avoid liquids (they seep into lines) and opt for a waxy pencil or waterproof gel liner. Work it into the root of the lash line using little strokes. If the line looks too harsh, just smudge it. **TRY: Sally Hansen** Natural Beauty Forever Stay Eye Pencil; $8. Eyebrows get thinner with age. Accentuate them using a brow tint that's a shade or two lighter than your natural hair color and blend with a brush. **TRY: Revlon** Brow Fantasy, $8. Take eyelashes to new heights with a "tubing" mascara,

"Light-reflecting highlighters can work wonders disguising deep lines and brightening skin." JEMMA KIDD

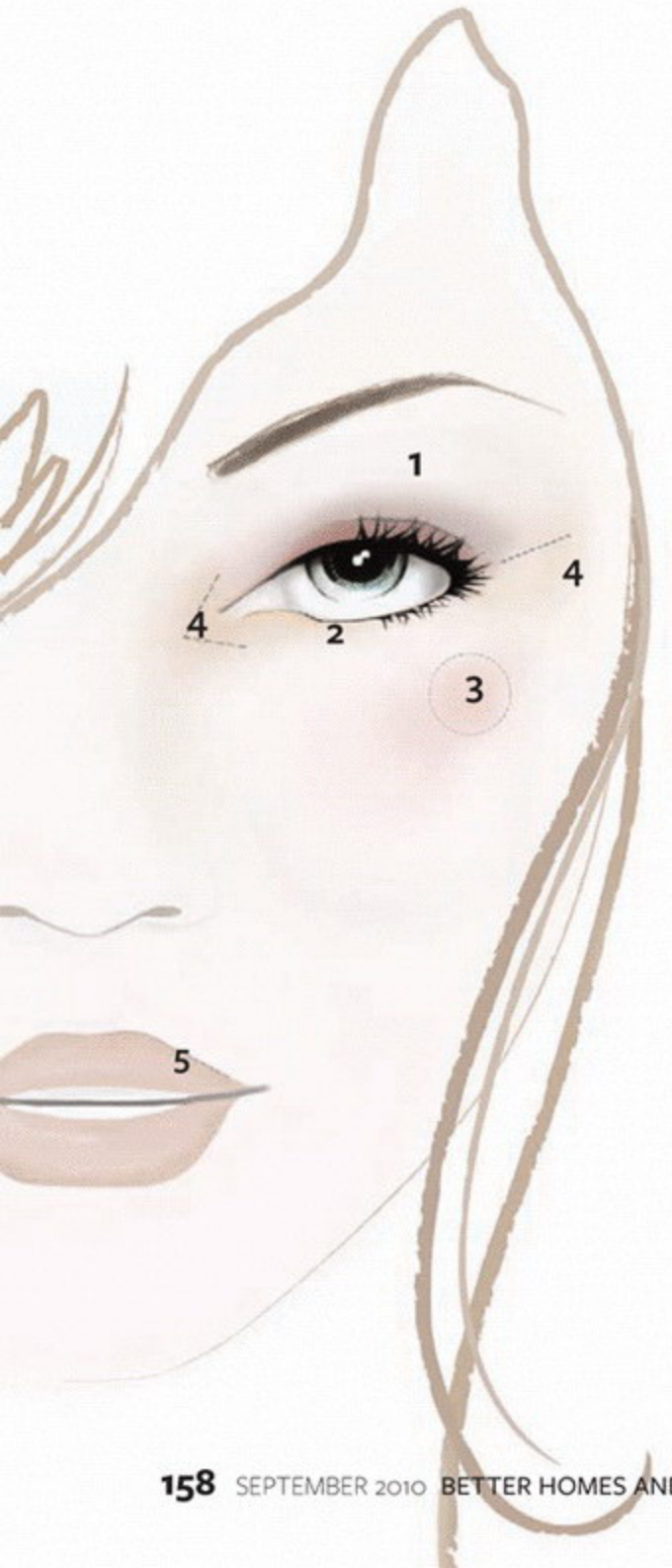
which has fibers that adhere to and lengthen individual lashes. Bonus: These come off very easily, without a lot of rubbing. **TRY: L'Oréal** Double Extend Beauty Tubes Mascara, $11.

▶ CHEEKS

"Blush is important because we lose some of the pigment in our skin as we age," says Geller. "Pinch your cheeks. You want to put the color where that flush occurs naturally in a tone that isn't that far from your natural flush." Creams are very natural-looking, but powders are easier to work with. Just keep it minimal. **TRY: Philosophy** Healthy Cream Blush; $23.

▶ LIPS

"Avoid extremes," says Carmindy. No super-high-shine glosses or really dry matte formulas. "The most flattering look is a moisturizing, sheer lip color with a slightly pearlescent cast." You can still play with colors, just do it in the right consistency for your lifestyle. Kidd suggests placing a dot of highlighter in the cupid's bow for a little lift. **TRY: Laura Mercier** Sheer Lip Color; $20.



5 quick makeup magic tricks for a younger look

by MELISSA MILRAD GOLDSTEIN

1 DEEP EYESHADOW Bland beiges alone will do nothing to enhance the sparkle in your eyes, says makeup expert Laura Geller. For a one-color, one-swipe option, go with a gray-violet or taupe-mauve combination brushed over the lid. "There isn't anyone these shades don't look good on. It adds a delicate drama and brightness that really opens up the eye. "
TRY: Laura Geller Baked Marble Eyeshadow in Starburst; $23.

2 LIGHT LINER Try this quick eye opener: Line the inner rim of your lower lid with a bone-color eyeliner. Softer than white, the shade matches the white of the eye and immediately neutralizes any redness. You'll look as if you got a full eight hours of sleep—even when you didn't.
TRY: Paula Dorf Eye Liner Enhancer; $20.

3 PINK GLOSS ON CHEEKS Skin's luminosity and dewiness fade. So fake it, Geller says, by blending a tiny dab of sheer pink lip gloss high onto the apple of your cheeks (but on top of your regular blush).
TRY: Maybelline Sensational Shine Lip Gloss in Treat Me Sweet; $6.

4 HIGHLIGHTER Put this powder where you want to catch the most flattering light. Sweep it on the cheekbones, at the temples, the inner corner of the eyes, and under your brows. Just go for subtle—no big sparkles or glitter.
TRY: Smashbox Soft Lights; $28.

5 NEUTRAL PENCIL Keep lipstick from bleeding into fine lines by lining lips with a clear or skin-color pencil. It produces a fuller-looking pout and works with any shade lipstick.
TRY: Mirabella Perfecting Lip Definer; $20.

ILLUSTRATION: MINDY HOSKIN

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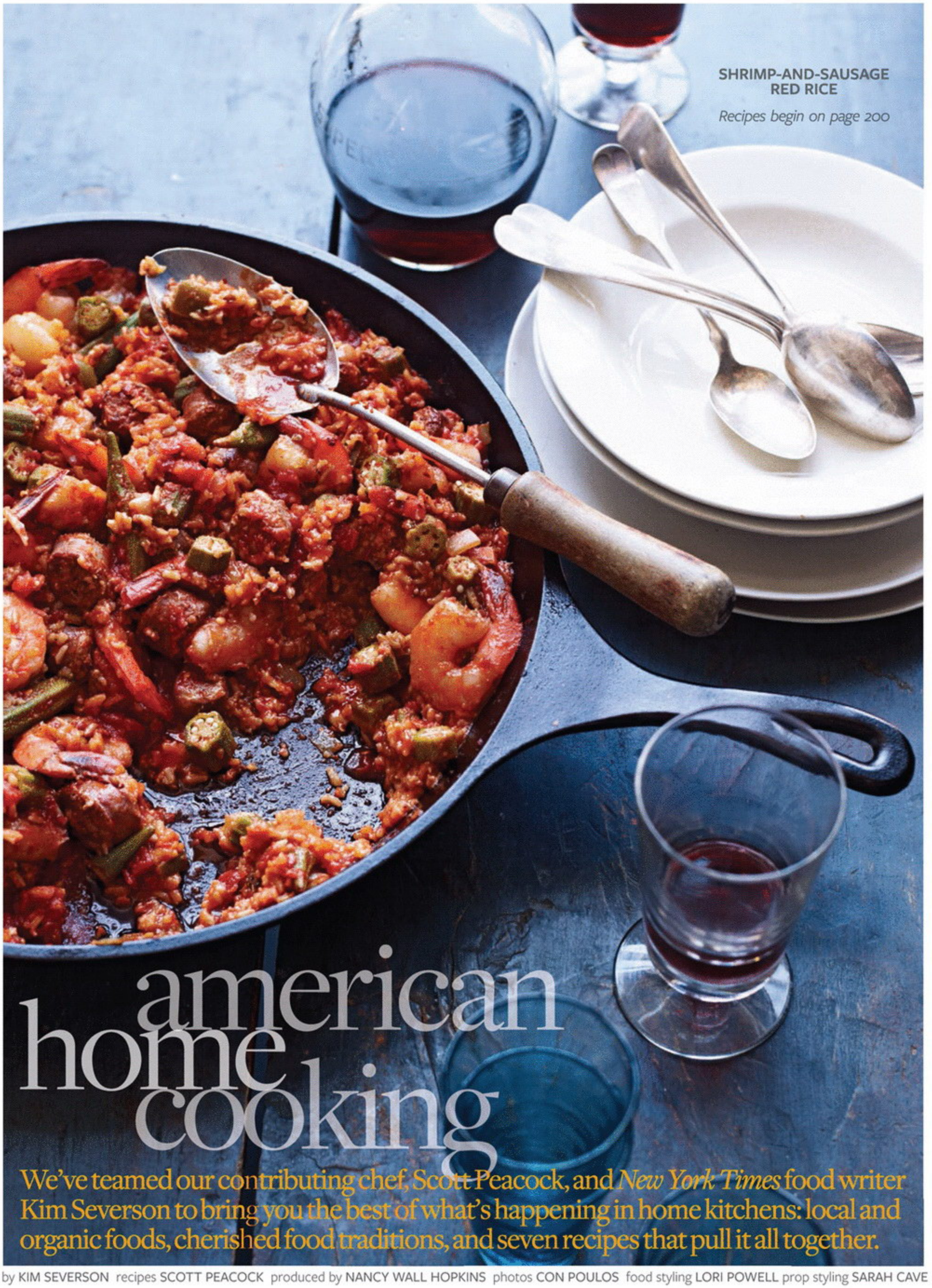

american home cooking

We've teamed our contributing chef, Scott Peacock, and *New York Times* food writer Kim Severson to bring you the best of what's happening in home kitchens: local and organic foods, cherished food traditions, and seven recipes that pull it all together.

by KIM SEVERSON recipes SCOTT PEACOCK produced by NANCY WALL HOPKINS photos CON POULOS food styling LORI POWELL prop styling SARAH CAVE

Writer Kim Severson, left, and chef Scott Peacock share a market moment—and a love for American cooking.

These days, everyone is happy to be cooking. So many people are in the kitchen we could rename our country America the delicious. The signs are everywhere. Consider my friend Elinor. She and her husband, Carl, had been saving for months to afford a belated honeymoon. They were traveling east from San Diego. New York, where I live, was one of their stops. Hotels here can be cramped and expensive, so I was happy to host them for a night.

About a month later, a well-padded box filled with jars of Meyer lemon and Santa Rosa plum jam arrived along with a thank-you note. That my friend knows how to make jam and loves doing it says everything about the state of the American kitchen. Elinor is a young woman who works as a technical writer and a project manager at a university. She doesn't have a lot of time to spend in the kitchen, and she didn't learn a lot of traditional cooking skills when she was growing up. Although her mother was a good cook, career and convenience made store-bought jam a much more attractive option.

"I think my mother made strawberry jam once," Elinor said. Still, the kitchen kept calling, especially once she started to make regular trips to the farm stands that began popping up near her house. Before long, she needed to do something besides freeze all the produce she was bringing home. So she picked up a book and taught herself how to make jam. Like so many people, Elinor has joined the new American food revolution.

portrait photo JIM BASTARDO

A hearty way to show off pork coming from family farmers, this Sunday supper roast is rubbed with a home-ground spice blend of coriander, cloves, and bay leaf and served with roasted corn and green beans.

Recipes begin on page 200

SPICED PORK RIB ROAST WITH SEASONAL VEGETABLES

"We're finally embracing our food traditions, rituals, and customs, and celebrating cooking that is distinctively American."

—CHEF SCOTT PEACOCK

"We're no longer looking to other cultures to tell us what we should be eating. At last we recognize the goodness and value of the American table."

—CHEF SCOTT PEACOCK

As a food writer for *The New York Times,* it's clear to me that we are cooking with more enthusiasm and skill than ever before. Cooks are placing a high value on food from their own backyard and are seeking out recipes that connect them to their families and their regions and the earth.

No one really talks about being stuck in the kitchen anymore. They're happy to be there. Cooks are using the best of the grocery store and the farmer's market, celebrating the glory of ingredients like good-quality bacon, locally grown apples, and artisan chocolate.

But this revolution is about more than just what's on the stove. We have come to understand that food is a way to build community. In an era of fast-moving digital communication, overhyped celebrity culture, and a worldwide recession, the tangible rhythms of the kitchen provide a welcome tonic.

This is a conversation I have often with my friends who cook. The chef Scott Peacock is one of them. I sometimes call him when I am spending an afternoon in the kitchen and need a little help. He'll patiently explain how to fold egg whites into a cake batter or which spices to rub into a piece of pork or why scraping the seeds from summer squash will keep it from turning to mush as it simmers.

"We don't need to be chasing the hot new ingredient or copying some fancy dish from a restaurant," he'll tell me, marveling at the renewed enthusiasm for good-quality home cooking. "We're coming to understand that less is more, but the only reason that works is because the ingredients are great."

Consumers, even young cooks who are just starting out, are willing to pay more for organic food, quality produce, and meat that has been raised on a farm they can point to on a map.

"People want to have some kind of a connection to the product," says Lynn Dornblaser, who studies cooking trends for the market research company Mintel. "They can chat with the farmer that day, and it becomes a story at a dinner party that night."

In cities like Portland, Oregon, people are as devoted to eggs from their backyard chickens as they are to their barbecue grills. In New York City, young cooks go in together on the beef from a cow raised somewhere upstate. College students are organizing off-campus pig roasts instead of keg parties and creating communal dorm dinners with food from the farmer's market.

Old-fashioned dishes, like scratch layer cakes and perfect roast chicken, are enjoying a revival. Regional food is celebrated, whether tamales from East Los Angeles or chowder from New England.

And in almost every community, a shopper can find a farmer's market. The Department of Agriculture counts 4,800 of them, a number that has doubled in the last decade.

Don't think of this as the domain of just the urban or the young. Cooks everywhere are learning the difference between a Sierra Beauty and a Gravenstein apple and would rather prepare a homey stew of grass-fed beef and local carrots and potatoes than a beef bourguignon.

You can see it in the Colorado kitchen of Laura and Kutcher Miller. They have a baby and a toddler and a shared love for days that end with easy meals built from local ingredients. They rely on meals that are fun and inexpensive. One favorite is "garbage pizza." Flatbread or tortillas go onto the grill, topped with leftovers from a roasted chicken or a pork

SLOW-BAKED TOMATOES WITH GARLIC AND MINT

Great local tomatoes from the farmer's market or a neighbor's backyard are the secret to this starter or side dish. It's ready in under an hour and can be served hot from the oven over pasta, roasted chicken, or generous slabs of bread smeared with soft local cheese. Be sure to drizzle every last drop of the garlic-laced olive oil left in the baking dish.

Recipes begin on page 200

"Where I grew up, desserts **made from scratch** were not uncommon, but they were never taken for granted. An heirloom recipe is an edible legacy to be savored." —CHEF SCOTT PEACOCK

GOLDEN LAYER CAKE WITH CHOCOLATE ICING

A hand-me-down recipe for boiled icing made from evaporated milk and powdered cocoa is the secret to this keepsake cake. The five thin layers may look fussy but they're done in regular cake pans and bake in just 15 minutes.

Any good white bean can become the base for this healthy, deep-flavored stew, but Scott prefers the tepary bean from the Southwest. The regional dish's sweet-but-spicy flavor comes from a mix of local chile peppers, butternut squash, and a touch of honey.

Recipes begin on page 200

CHICKEN-CHILE STEW WITH BEANS

"We never grow tired of **pure seasonal flavors.** They inspire and beckon us to experience them anew."

—CHEF SCOTT PEACOCK

tenderloin. A little local goat cheese and fresh herbs from the garden finish the dish.

They're a nice start to a meal that might include a simple grilled flank steak from grass-fed Colorado beef or chicken kabobs, along with a salad of mixed local greens.

"My wife and I were talking about it this week," Kutcher says. "It's getting back to what tastes good. Vegetables that are in season and good meat with salt and pepper and garlic is sometimes all you need. The taste is there."

But it's also about something more than taste. "From a family standpoint, making dinner is a bonding moment," Kutcher says. "My 2-year-old has her little stool in the kitchen, and she's in there starting to fool around with us."

I often argue that running an efficient kitchen and cooking delicious but not fussy meals are so rewarding because they are tangible tasks in an intangible world. We spend our days tapping on keyboards, processing information, and communicating on e-mail and Facebook. A natural reaction is to turn to the pleasure that comes from roasting a chicken or making a pie.

That's not to say the digital world is an enemy of the cook. Recipes, cooking communities, and all kinds of great ingredients can easily be found with a quick search of the Web.

Amanda Hesser, the food writer who has just published *The New York Times Cookbook,* runs a website called Food52 that has evolved into something that feels like a gathering of smart cooks and good friends.

People share recipes, watch Amanda and her co-founder, Merrill Stubbs, test them, and then vote on favorites. It works because our love of cooking transcends the digital divide.

"Cooking is gratifying on an individual level, but it can be a bit isolating," Amanda told me recently. "It's not like we are all at home all the time anymore and our family is sitting around the hearth. People want to connect about the specifics of cooking."

My friend Samin Nosrat, a cook in the San Francisco Bay Area who just turned 30, organizes bake sales and teaches cooking classes to people who want to learn how to use different cuts of meat and coax the best out of vegetables like fennel and squash.

She still talks about a dinner she was at last spring. Everyone helped make fresh pasta sheets and wrap them around morel mushrooms and peas. They butterflied whole chickens and grilled them. Then guests took turns cranking an ice cream maker for dessert.

"We were sitting at the table and everyone was like, 'wow this is one of the best meals I have ever had,' " she says. The ingredients and the recipes were great. But there was something else that made that dinner memorable.

"When people come together, I don't care what it is that I am eating as long it was grown with care and cooked with care," she says. "It's sitting together at the table that I want."

It's what we all want and what we are doing, more than ever.

Recipes begin on page 200

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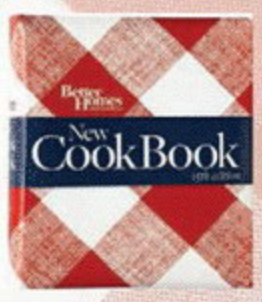
MAD FOR PLAID

To mark a new edition of America's favorite cookbook, we asked four of its fans why the Red Plaid rules in their kitchens.

Every splatter tells a story. Every stain holds a memory. Every sticky, dog-eared page is priceless. The *Better Homes and Gardens New Cook Book* takes a place of honor beside so many dinner tables—and in so many hearts—because the Red Plaid is more than a great cookbook; it's a cherished member of the family (more than 40 million copies sold since its premiere in 1930). As the 15th edition, filled with both the tried-and-true and the fresh-and-new, makes its entrance we sit down in the kitchen for a chat with four young cooks who love their books.

by **DEB WAGMAN** photos **ANDY LYONS** food styling **JILL LUST**



This year, the New Cook Book turns 80! Learn more about the 15th edition of the Red Plaid on page 178.

making healthful cooking easy

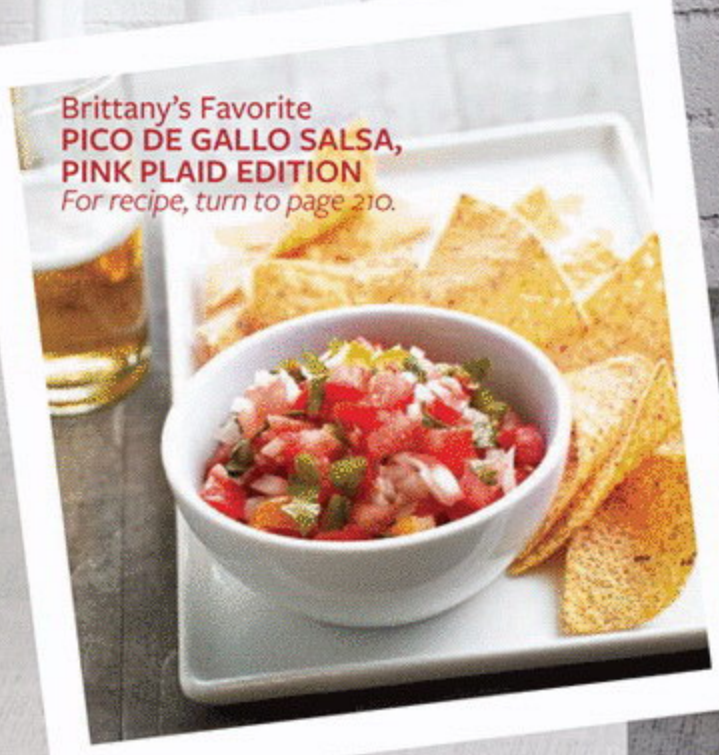
The crisp diploma Brittany Miner received in May is one testament to the lessons learned during four years at Portland State University. A "Pink Plaid" version of the Red Plaid cookbook, tattered and tabbed with sticky notes, is another.

Brittany started college in Oregon with dreams of an education degree in her future—and a young lifetime's worth of Red Plaid cooking in her past. Or actually, Red Plaid eating. "Mom depended on good old Red Plaid for its tried-and-true basics—the meat loaf, the soups, the pot roasts," Brittany says. "But when I got my own kitchen, I was a neophyte cook—in fact, my stir-frying spoon once caught fire."

She wasn't deterred, though. Browsing cookbooks at a bookstore one day, Brittany discovered the healthful "Eating for Life" section of her pink edition (which supports the fight against breast cancer) and began her study of tasty fare such as Grilled Halibut with Blueberry Sauce, couscous, and spaghetti squash.

She's left the singed spoon behind, evolving into a self-assured foodie with a creative streak that drives her to tweak recipes to suit her taste and the ingredients she has on hand. And her cookbook sits poised for the next chapter of her life. "In college, I procrastinated on my homework by flipping through the cookbook, marking recipes to try when I had time," Brittany says. "Now, they're ready for me—for the cook I hope to become."

BRITTANY MINER
PORTLAND, OREGON
RED PLAID COOK SINCE 2007



Brittany's Favorite
PICO DE GALLO SALSA, PINK PLAID EDITION
For recipe, turn to page 210.

turning kids into happy campers

When she turns in an outstanding performance at work, Rachel Bredemus doesn't expect a promotion or a raise. But it is pretty cool when her job well done results in a "Cook's Parade"—her kitchen staff marching through the dining room with colanders on their heads, beating on pots and pans to appease the demands of an audience of 200 raucous young eaters.

Rachel—co-owner of Camp Birchwood, a girls-only summer camp in northern Minnesota—believes feeding campers well is just as important as showing them a good time. And for 10 years, the Red Plaid cookbook has been a part of that effort.

"We're not a hot dog and baked beans kind of camp," Rachel says. "I insist on feeding our campers with the same kind of love and care my mother dished up for me in my lunch box—goodies like pumpkin bread, carrot-raisin salad, and snickerdoodles made with freshly ground nutmeg."

To Rachel, and to kids experiencing their first trip away from Mom and Dad, the recipes are comfort food in more ways than one. When the newest group of 200 campers ventures off buses, they're welcomed by the aroma of Red Plaid Sloppy Joes wafting from the kitchen. And Rachel smiles. "They know," she says, "they've found their home away from home."

RACHEL BREDEMUS
LAPORTE, MINNESOTA
RED PLAID COOK SINCE 1999

Rachel's Favorite
PULLED CHICKEN SANDWICHES, 14TH EDITION
For recipe, turn to page 210.

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Sara & Paige's Favorite
HOT FUDGE SAUCE, 11TH EDITION
For recipe, turn to page 211.

SARA & PAIGE BENNETT
BAY CITY, MICHIGAN
RED PLAID COOK SINCE 2002

linking the generations

For Sara Bennett, Red Plaid memories are sweet. She grew up watching her mother scoop love onto baking sheets in the form of cookies. "I want to pass this on to Paige," Sara says, bundling her 13-month-old daughter in her arms.

The stay-at-home Bay City, Michigan, mom is working on that, with a little help from her cookbook. "My cookbook was a high school graduation present that started me off on the right foot—it's like having a teacher in the kitchen with you," Sara says. "We're using it more and more to venture out—beyond the Italian classics I grew up on."

That venturing is a welcome respite for Sara, who jokes that she's quite possibly the only woman of Sicilian descent who hates red sauce. "I know that's absurd, but I really detest it," she says with a laugh.

She and husband Jake, who pitches in on dinner detail on weekends, also like to go beyond the basic chicken and chops they sometimes get stuck on and add variety to family meals.

"My cookbook is like my culinary security blanket," Sara says. "Thanks to the bread and cookie recipes—the banana bread in particular—I'm already known as an excellent baker."

And Paige? She's well on her way after "helping" whip up a treat for her first birthday. "Chocolate cake," Sara says, pointing to a page now splattered with batter. And memories.

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CRYSTAL REID-GROSS
LONDON, KENTUCKY
RED PLAID COOK SINCE 2001

inspiring creativity in the kitchen

Crystal Reid-Gross was 6 years old when her passion for cooking ignited: She heard that Elvis liked fried peanut butter-and-banana sandwiches, "so I went to the kitchen and fried a banana," she recalls.

Years after mimicking "The King," Crystal has become "The Queen"—of showers, that is. "Anytime anybody is having a baby or getting married, they want me to host their shower because I prepare such delicious spreads," says Crystal, who gives credit to her Pink Plaid cookbook, a gift from her sister.

The two grew up on Red Plaid recipes. "In the South, the book is as common as okra," Crystal says. "Everybody has one. And the book is important because it gives you a way to pass the best recipes down to your children."

For Crystal, a creative type who runs her own photography business, Bel Sorriso (Italian for "beautiful smile"), cooking also is a form of self-expression. She's always looking to try new recipes or perfect old ones—like the quintessential Southern biscuits. "My grandmother's biscuits are so light they float," she raves. "Like angels."

Crystal's aren't quite as heavenly. Yet. But there's another batch coming. And it comes from the heart. "Cooking," Crystal says, "is how I show people how much I love and care for them."

Crystal's Favorite
BANANA BREAD PINK PLAID EDITION
For recipe, turn to page 211.

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INGREDIENTS

5 lbs. boneless pork butt shoulder
1 ½ tsp. smoked paprika
2 tsp. black pepper
1 tsp. cayenne pepper
1 tsp. dried thyme
1 tsp. garlic powder
½ tsp. salt
1 c. water
soft sandwich buns

DIRECTIONS

Combine all seasonings in a small bowl and rub evenly over roast. Place meat in a 6-quart slow cooker. Add water. Cover and cook on LOW for 6-8 hours or on HIGH for 4-5 hours or until pork is very tender.

Place pork on large cutting board or platter and let rest for 10-15 minutes. Pull, slice or chop to serve. Serve in buns with barbecue sauce.

Serves 16-20

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TAKE A LOOK AT THE UPDATES IN THE 15TH EDITION OF THE NEW COOK BOOK.

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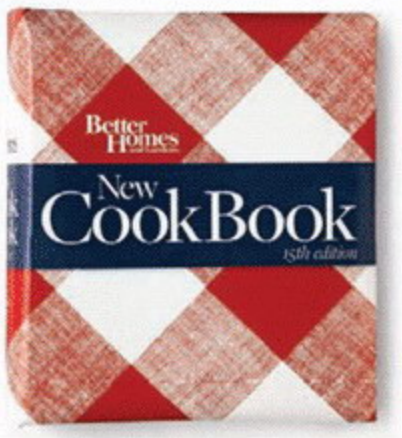
- More than 750 new recipes from the *Better Homes and Gardens*® Test Kitchen—1,200 recipes in all.
- "Cook Once, Eat Twice," recipe blueprints for creating two great meals for the effort of one.
- "Make It Mine," creative ways to customize recipes by making simple changes.
- Icons denoting fast, whole grain, healthy, best-ever, and low-fat recipes help you quickly find what you're looking for.
- New chapters on Breakfasts and Brunches, Casseroles, Convenience Cooking, and Sandwiches and Pizzas.



GET COOKING

ENTER OUR 'MAD FOR PLAID' RECIPE CONTEST!
PRIZE: $1,000 DEADLINE: OCTOBER 5, 2010

Get creative for your chance to win $1,000! In celebration of the 15th edition of the New Cookbook, the editors of *Better Homes and Gardens* invite you to put your own spin on any recipe from any edition of the book. Perhaps your twist is a special ingredient or substitution, a different cooking method, or a unique way to top off your creation? Whatever it is, we can't wait to see it. Upload your recipe and a photo (must be of the actual recipe submitted), with a description of why and how you've made it your own, on our foodie networking site, Mixing Bowl. Entries that don't follow these guidelines are ineligible to win. Visit **mixingbowl.com/grp/MadforPlaidRecipeContest** to enter and for contest details.

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Have a funny or inspirational story about your copy of the *Better Homes and Gardens* Red Plaid cookbook? A photo of you and your book together in the kitchen? Your memories and photo could win you a copy of the all-new 15th edition cookbook plus a copy to give as a gift. Any edition, any version is welcome—from the original 1920 blue-bound edition on. Some questions to get you started: From whom did you receive your copy—aunt, grandmother, mother, daughter? Was it a gift for a milestone event or did you buy your own? What was the first recipe you cooked from it? Is your edition missing a page because you just had to share a recipe? Have you ever taught anyone to cook using the Red Plaid cookbook? Do you give the cookbook as a gift? Why? Visit **BHG.com/redplaid** to post photos and stories and for contest details.

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by RICHARD SWEARINGER
photos ANDY LYONS
food styling JILL LUST
recipe LAURA MARZEN, R.D.

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what makes it better

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WHOLE WHEAT AND CORNMEAL CRUST See "Spotlight on Whole Wheat Flour," page 185.

VEGGIES GALORE Load up your pizza with vegetables like broccoli, tomatoes, and radicchio; they deliver plenty of nutrients and fill you up with fewer calories.

FULL-FLAVOR CHEESE Using a cheese with plenty of bold flavor—like the feta pictured here—allows you to use less without sacrificing taste.

THE BOTTOM LINE How this pizza compares to a typical takeout pizza with similar ingredients.

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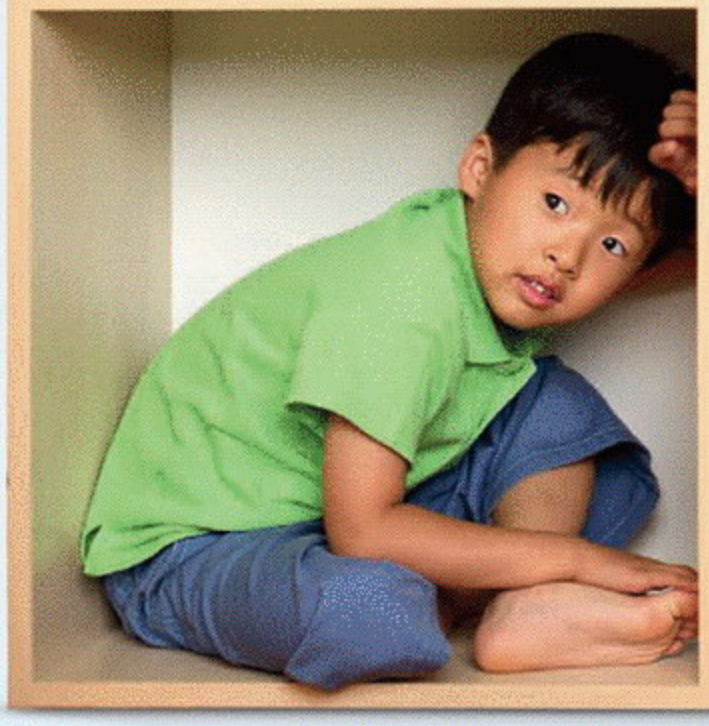
An important vaccination schedule update for children 15 months to 5 years of age.

Certain strains of the pneumococcal bacteria can cause serious, invasive disease that is being seen more frequently today.

Invasive pneumococcal disease includes bacterial meningitis, which remains a serious risk for children up to age 5. Pneumococcal meningitis can cause death and long-term problems, such as hearing loss.



The doctors at the Centers for Disease Control have recommended that children under 5 who have had a full series of vaccinations with pneumococcal conjugate vaccine should now get a dose of Prevnar 13™, to cover six more strains including the most common one threatening young children today.*

*The immune response from this catch-up schedule might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13™. It's not known how medically important this difference is.

INDICATION FOR PREVNAR 13™

- Prevnar 13™ is a vaccine approved for use in children 6 weeks through 5 years of age (prior to the 6th birthday).
- Prevnar 13™ is indicated for active immunization for the prevention of invasive disease caused by 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F).

IMPORTANT SAFETY INFORMATION FOR PREVNAR 13™

- Prevnar 13™ should not be given to anyone with a severe allergic reaction to any component of Prevnar 13™, Prevnar® (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM_{197} Protein]), or any diphtheria toxoid–containing vaccine.
- Prevnar 13™ may not protect all individuals receiving the vaccine. Children with weakened immune systems may have a reduced immune response to Prevnar 13™. A temporary pause of breathing following vaccination has been observed in some infants born prematurely.
- The most commonly reported serious adverse events include bronchiolitis (an infection of the lungs) (0.9%, 1.1%), gastroenteritis (inflammation of the stomach and small intestine) (0.9%, 0.9%), and pneumonia (0.9%, 0.5%) for Prevnar 13™ and Prevnar®, respectively.
- The most common side effects are redness, swelling and tenderness at the injection site, fever, decreased appetite, irritability, increased sleep, and decreased sleep. Any side effects associated with the vaccination should be reported to your child's health care provider.
- Ask your child's health care provider about the risks and benefits of Prevnar 13™. Only a health care provider can decide if Prevnar 13™ is right for your child.

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IMPORTANT FACTS

Prevnar 13™
Pneumococcal 13-valent Conjugate Vaccine (Diphtheria CRM_{197} Protein)

Prev • nar 13

ABOUT PREVNAR 13™

- Prevnar 13™ is a vaccine which helps protect against 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F) that can cause invasive disease.
- Prevnar 13™ may also be used for the prevention of otitis media (ear infection) caused by *Streptococcus pneumoniae* strains 4, 6B, 9V, 14, 18C, 19F, and 23F. No efficacy data for ear infections are available for strains 1, 3, 5, 6A, 7F, and 19A.
- Prevnar 13™ may not protect all individuals receiving the vaccine. Protection against ear infections is expected to be less than that for invasive disease.
- Prevnar 13™ does not replace the use of 23-valent pneumococcal polysaccharide vaccine (PPV23) in children ≥24 months of age with sickle cell disease, damaged spleen, HIV infection, chronic illness or who have weakened immune systems.

BEFORE STARTING PREVNAR 13™

Tell your child's health care provider about all of your child's medical conditions, including:

- Previous allergic or adverse reactions to other vaccines.
- Certain conditions that weaken your child's immune system such as a damaged spleen, HIV infection, cancer, or kidney problems. Children with weakened immune systems may have a reduced immune response to Prevnar 13™.

Tell your child's health care provider about all the medicines your child takes, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your child's health care provider if your child is taking medicines that can weaken his or her immune system such as steroids (e.g., prednisone) and cancer medicines or if your child is undergoing radiation therapy.

WHO SHOULD RECEIVE PREVNAR 13™?

- Prevnar 13™ is recommended for children 6 weeks through 5 years of age.
- Prevnar 13™ is regularly given as a 4-dose series at 2, 4, 6, and 12 to 15 months of age.
- ***Transition schedule:*** Children who have received one or more doses of Prevnar® (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM_{197} Protein]) may complete the 4-dose immunization series with Prevnar 13™.
- ***Catch-up Schedule:*** Children 15 months through 5 years of age who have received 4 doses of Prevnar® may receive one dose of Prevnar 13™ to elicit immune responses to the six additional strains.
- The immune response from the transition or catch-up schedules might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13™. It's not known how medically important this difference is.

WHO SHOULD NOT RECEIVE PREVNAR 13™?

- Children under 6 weeks of age and over 6 years of age.
- Children who have had a serious allergic reaction to any component of Prevnar 13™, Prevnar®, or any diphtheria toxoid–containing vaccine.

POSSIBLE SIDE EFFECTS OF PREVNAR 13™

Prevnar 13™ may cause serious side effects including:

- Temporary pause of breathing in some infants born prematurely
- Bronchiolitis (an infection of the lungs)
- Gastroenteritis (inflammation of the stomach and small intestine)
- Pneumonia

The most common side effects of Prevnar 13™ are:

- Redness, swelling and tenderness at the injection site
- Fever • Decreased appetite • Irritability
- Increased sleep • Decreased sleep

Any side effects associated with the vaccination should be reported to your child's health care provider. These are not all of the possible side effects of Prevnar 13™. For a complete list, ask your child's health care provider.

NEED MORE INFORMATION?

- This is only a summary of important information. Ask your child's health care provider for complete product information.
- Go to **www.prevnar13.com** or call 1-800-666-7248.

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GARDEN FRESH PIZZA

PREP: 30 MIN. RISE: 12 HRS+1 HR
BAKE: 20 MIN. OVEN 400°F

- 2 cups all-purpose flour
- ½ cup white whole wheat flour or whole wheat flour
- ½ cup cornmeal
- ¼ tsp. active dry yeast
- 1 tsp. salt
- Olive oil
- ½ cup no-salt-added tomato sauce
- ½ tsp. dried Italian seasoning
- 3 to 4 cups fresh vegetables such as halved cherry tomatoes, broccoli florets, and shredded radicchio
- 1 cup mushrooms, halved or sliced
- 2 oz. chorizo sausage, cooked and drained
- ½ cup crumbled feta cheese or 1 cup shredded mozzarella cheese

1. In large bowl combine both flours, cornmeal, yeast, and salt. With spoon gradually stir in 1¼ cups *warm water* (120° to 130°F.), stirring until all is moistened. The mixture will be a soft, sticky dough. Cover bowl and let stand at room temperature 12 to 24 hours.
2. Line a 15×10×1-inch baking pan with parchment paper. Brush parchment with olive oil. Turn dough out onto prepared pan. Using well-oiled hands or a rubber spatula, gently push dough to edges and corners of pan (dough will be sticky). Cover; let rest for 1 to 1½ hours or until puffy and dough pulls away slightly from edges of baking pan.
3. Preheat oven to 400°F. Pre-bake crust 10 minutes. Combine tomato sauce and dried Italian seasoning, and spread over hot crust. Add vegetables (except radicchio), mushrooms, cooked chorizo, and cheese. Bake 10 to 15 minutes more or until golden brown. Add radicchio. Serve immediately.

MAKES 6 SERVINGS.

EACH SERVING *336 cal, 8 g total fat (3 g sat. fat), 19 mg chol, 659 mg sodium, 54 g carbo, 4 g fiber, 12 g pro. Daily Values: 10% vit. A, 32% vit. C, 8% calcium, 16% iron.*

{ spotlight on }

whole wheat flour

IT DOESN'T TAKE MUCH This recipe includes ½ cup of whole wheat flour and ½ cup of cornmeal, which is up to a third of your daily requirement for whole grains, says our Test Kitchen nutritionist, Elizabeth Burt, R.D. "It's the perfect amount if your family doesn't love whole grains," she says. "It gives just a hint of the nutty whole-wheat flavor. You can work your way up from there."

A WHITER SHADE OF PALE For this recipe, we used white whole wheat flour because it has a milder flavor yet the same nutrition as the more familiar regular whole wheat. White whole wheat is ground from a different, lighter-colored strain of wheat, which many people find to be less bitter. It's been available nationwide for about 10 years both in baked goods and as flour for home bakers (bobsredmill.com, kingarthurflour.com).

OTHER WAYS TO USE IT Bring the healthfulness of whole wheat flour to other recipes. Our Test Kitchen found that replacing a quarter to a third of the all-purpose flour with whole wheat gave the best results. Try it in pancake and waffle batter, muffins, scones, and biscuits.

figs

You can find fresh figs in the market mid-June through November. Their mild earthy-sweet flavor makes them a natural for fall salads and snacking.

BUY Fresh figs are shipped ripe and ready to eat. They have a unique creamy-crunchy texture and tender, edible skin. Ripe figs should yield to gentle pressure; avoid hard, bruised, or very soft ones with an off odor.

STORE Figs are fragile and extremely perishable. Store at room temperature up to 3 days. Refrigerate in an empty egg carton or in a single layer in a paper towel-lined container, loosely covered, up to a week.

EAT Trim the stem end before serving. For an appetizer, halve and stuff with blue cheese. Or slice and add to pizza with bacon or prosciutto. For dessert, sprinkle with sugar and bake in a preheated 375°F oven for 10 minutes; serve with ice cream.

PHOTOS: ANDY LYONS; FOOD STYLING: JILL LUST; FIGS COURTESY OF MELISSA'S PRODUCE, MELISSAS.COM

better cook

TOOLS & TIPS FOR EVERYONE WHO LOVES TO EAT

produced by MAGGIE MEYER, ERIN SIMPSON, and MADISON MAYBERRY

SWANSON® STIR FRY

VEGETABLE STIR-FRY

Prep: 15 min. Cook: 15 min. Makes: 4 servings

- 1 cup Swanson® Chicken Broth (Regular, Natural Goodness *or* Certified Organic)
- 1 tbsp. cornstarch
- 1 tbsp. low-sodium soy sauce
- 1 tbsp. vegetable oil
- 4 cups cut-up vegetables (broccoli florets, cauliflower florets, baby carrots and sliced celery)
- 2 tsp. grated fresh ginger root *or* 1/8 tsp. ground ginger
- 1 clove garlic, minced
- Toasted sesame seeds (optional)

1. Stir the broth, cornstarch and soy sauce in a small bowl until the mixture is smooth.
2. Heat the oil in a 10" skillet over medium-high heat. Add the vegetables, ginger root and garlic and stir-fry until they're tender-crisp.
3. Add the broth mixture to the skillet. Cook and stir until the mixture boils and thickens. Sprinkle with the sesame seeds, if desired.

THE SECRET IS SWANSON® 100% NATURAL CHICKEN BROTH

Find delicious recipes and cooking tips at CampbellsKitchen.com/SwansonBroth

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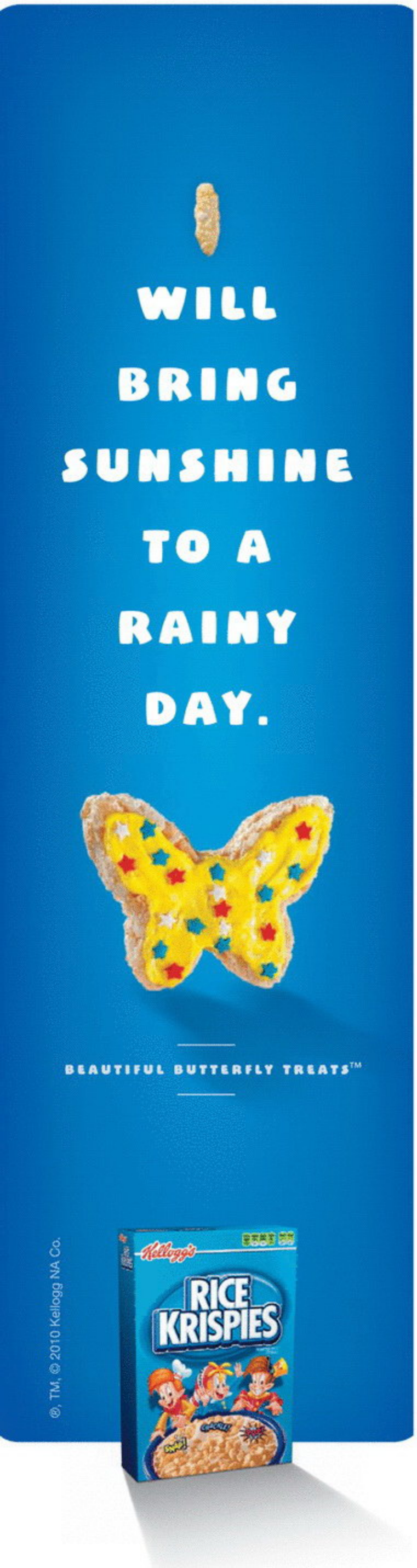


better tool

OXO Good Grips Splatter Screen Love to stir-fry? A perforated stainless-steel splatter screen keeps your stove, countertops, and clothes grease-free yet still lets steam escape. **WHAT WE LIKE** The screen fits pots and pans up to 13 inches wide, and the two concentric rings help secure it during use. When you're done, the handle folds down for compact storage. OXO Good Grips Splatter Screen, $19.99; *oxo.com*

NEW WAYS WITH peanut butter

Think outside the lunch box! Try this rich spread with more than just jelly.

PEANUT BUTTER PANCAKES
Stir ½ cup of peanut butter (we're suckers for crunchy) into pancake batter before cooking.

GRILLED PB&PEAR SANDWICH
Spread peanut butter on a slice of bread, followed by pear slices and a drizzle of honey. Top with another bread slice. Grill in a skillet for 2–3 minutes per side or until toasted and warm.

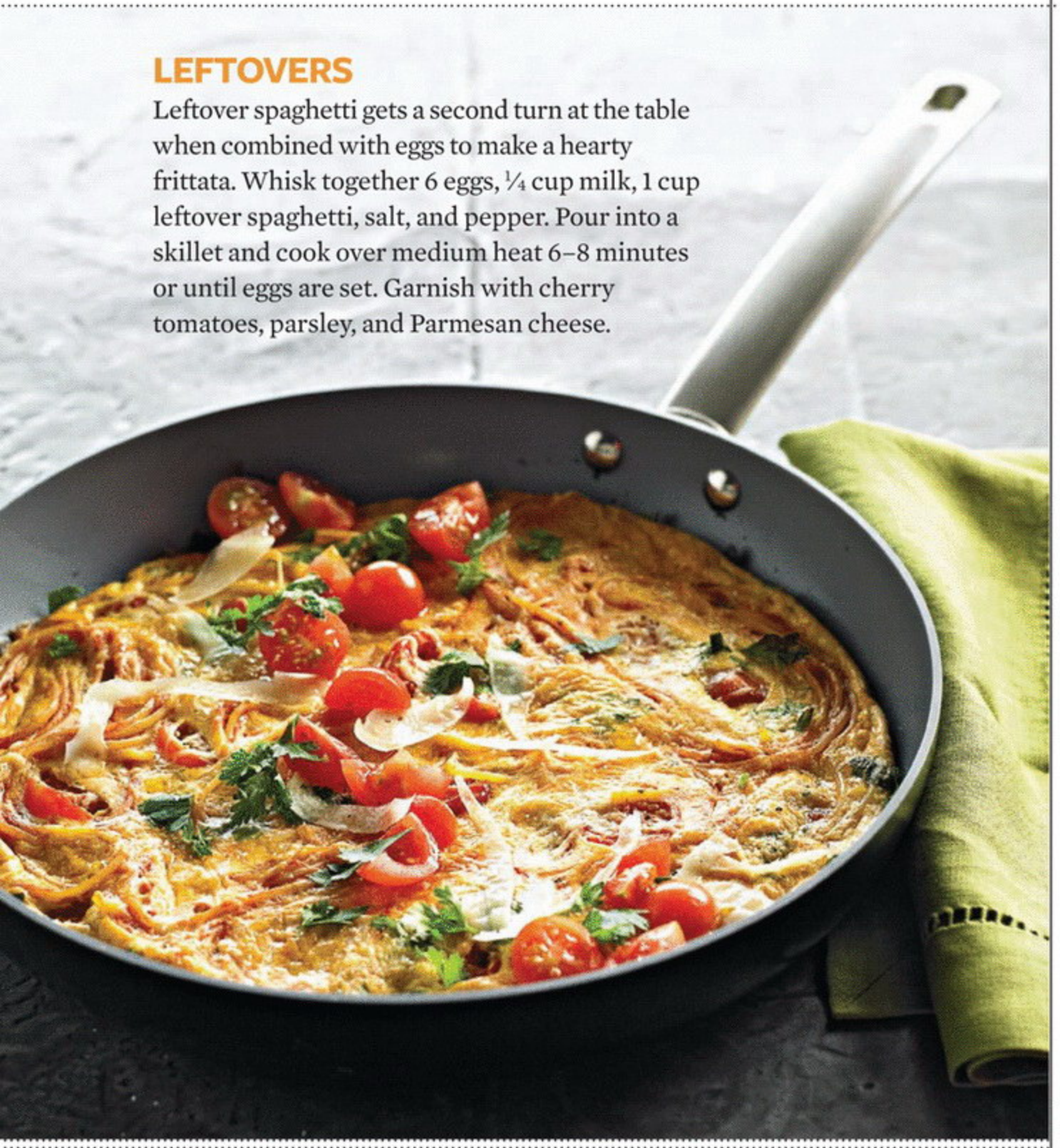
SPICY PEANUT SKEWERS
Stir together ½ cup creamy peanut butter, a couple tablespoons each of soy sauce and brown sugar, juice from a lime, a spoonful of Asian hot chili sauce, and a little hot water to thin. Brush on chicken or beef skewers before grilling.

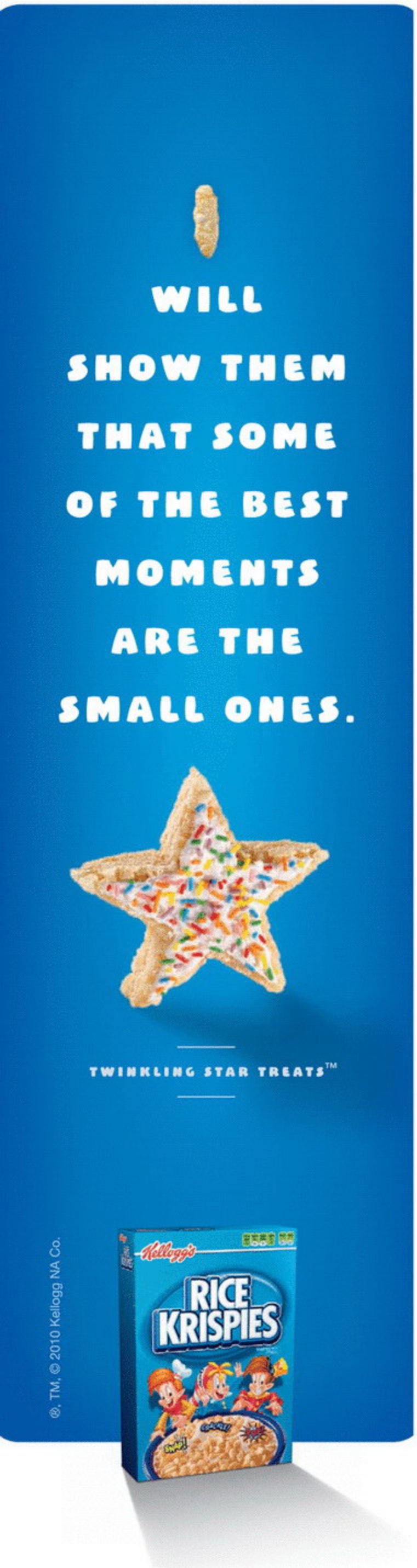
TIME SAVER

A salt-and-pepper blend lets you quickly season by the pinch. Mix 2 parts salt (a coarser salt such as kosher will be easier to grasp with your fingers) to 1 part pepper in a small bowl to have handy as you cook. Customize by adding more black pepper, crushed red pepper, or your favorite spices.

LEFTOVERS

Leftover spaghetti gets a second turn at the table when combined with eggs to make a hearty frittata. Whisk together 6 eggs, ¼ cup milk, 1 cup leftover spaghetti, salt, and pepper. Pour into a skillet and cook over medium heat 6–8 minutes or until eggs are set. Garnish with cherry tomatoes, parsley, and Parmesan cheese.





COOK'S TIP

"To keep tears at bay, halve onions and chill in the freezer for 10 minutes before chopping. The cold prevents irritating juices from vaporizing as quickly."

MAGGIE MEYER, GRAPHIC DESIGNER,
BETTER HOMES AND GARDENS MAGAZINE

site-seeing

THEFRONTBURNERBLOG.COM Emily Malone has been working on her health-oriented food blog since 2008. The result is a site filled with mouthwatering recipes, cooking tips, and healthy eating advice. "My goal is to show people how to make healthful, creative, and simple food," Emily says. "To create healthy meals, try to fill half your plate with veggies, one-quarter with whole grains and starches, and the other quarter with lean protein."

78%

of BHG readers like to try foods they have never had before. Taste foods from around the country with Chef Scott Peacock's recipes in "American Home Cooking," *page 200.*

—*BETTER HOMES AND GARDENS*® FOOD FACTOR STUDY: HOW AMERICA COOKS, EATS, AND SHOPS

MEET THE MIXER

Linda Wetsch, aka Riverwoods on mixingbowl.com, our social networking site for foodies, enjoys any excuse to gather friends and family. To feed a group, she puts together an Italian-inspired sandwich. "Cut a large ciabatta loaf in half, then fill with salami, pepperoni, olives, peperoncini peppers, sliced fresh mozzarella, tomatoes, and herbs of your choice," Linda says. "Finish the sandwich off by drizzling with Italian dressing and you are on your way to a delicious outdoor feast!" Find Linda at mixingbowl.com/user/Riverwoods.

TRIED THIS? Get big pomegranate flavor year-round. Pomegranate-infused dried cranberries are made with real pomegranate juice and are perfect for stirring into homemade granola. Craisins Pomegranate Juice Infused Dried Cranberries, $3.99 for 12-oz. pkg.; *oceanspray.com.*

RICE KRISPIES®
TWINKLING STAR TREATS™

INGREDIENTS

3 tbsp. butter or margarine

1 10-oz. package regular marshmallows

6 cups Rice Krispies® Cereal

Canned frosting or decorating gel

Assorted candies and sprinkles

DIRECTIONS

1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.

2. Add KELLOGG'S® RICE KRISPIES® and stir until well coated.

3. Press mixture into a 15" x 10" pan coated with cooking spray. Cool slightly.

4. Using cookie cutter coated with cooking spray, cut into star shapes.

5. Decorate with frosting and candy.

FOR MORE RECIPES AND NUTRITION INFORMATION, VISIT RICEKRISPIES.COM

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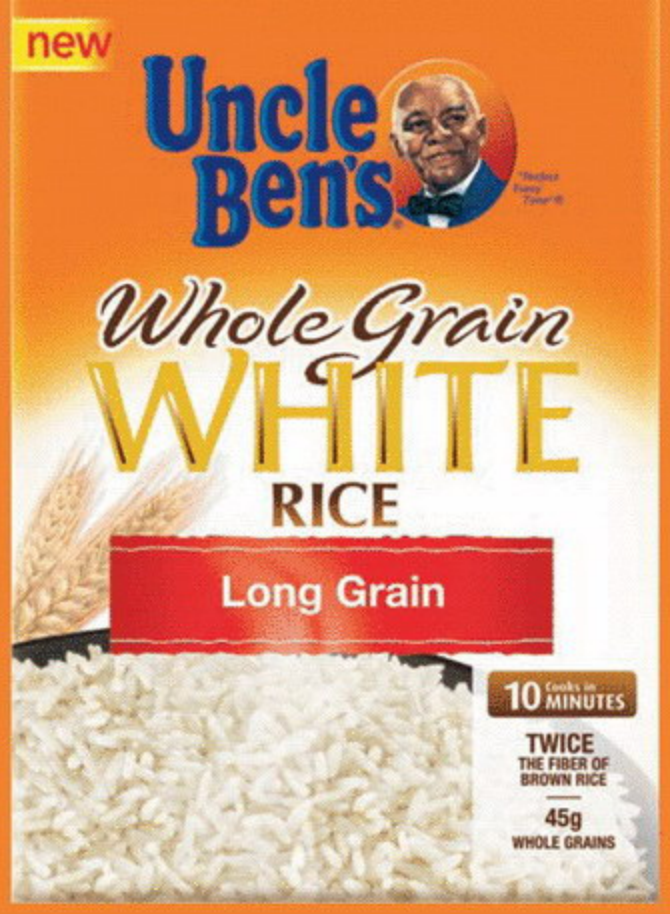

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filling favorites

School's back in session and schedules are packed. Stay on track with quick weeknight meals.

by MADISON MAYBERRY photos ANDY LYONS recipes and food styling JILL LUST

1 pasta stackup with chicken sausage

START TO FINISH 25 minutes
BUDGET $3.08 per serving

PASTA STACKUP WITH CHICKEN SAUSAGE

- 6 lasagna noodles
- 1 cup dried tomato halves (not oil packed), coarsely chopped
- 6 cloves garlic, minced
- 1 lb. fully cooked chicken sausage links
- 2 Tbsp. olive oil
- 1 5-oz. bag baby spinach
- Shaved Parmesan (optional)

1. Cook lasagna noodles according to package directions.

2. Place dried tomatoes and garlic in a bowl; carefully add 1 cup boiling pasta water; set aside.

3. Cut sausage in half lengthwise and slice in large pieces. In 12-inch skillet cook sausage in hot oil over medium-high heat until lightly browned and heated through, turning occasionally. Add tomato mixture. Cook, uncovered, 2 minutes. Stir in spinach, ½ tsp. *salt* and ½ tsp. *black pepper*. Cover and remove from heat.

4. Cut cooked lasagna noodles in half. To serve, layer noodles and sausage mixture onto individual plates. Pass Parmesan. **SERVES 4.**

EACH SERVING *430 cal, 19 g fat, 97 mg chol, 1,074 mg sodium, 36 g carbo, 4 g fiber, 30 g pro.*

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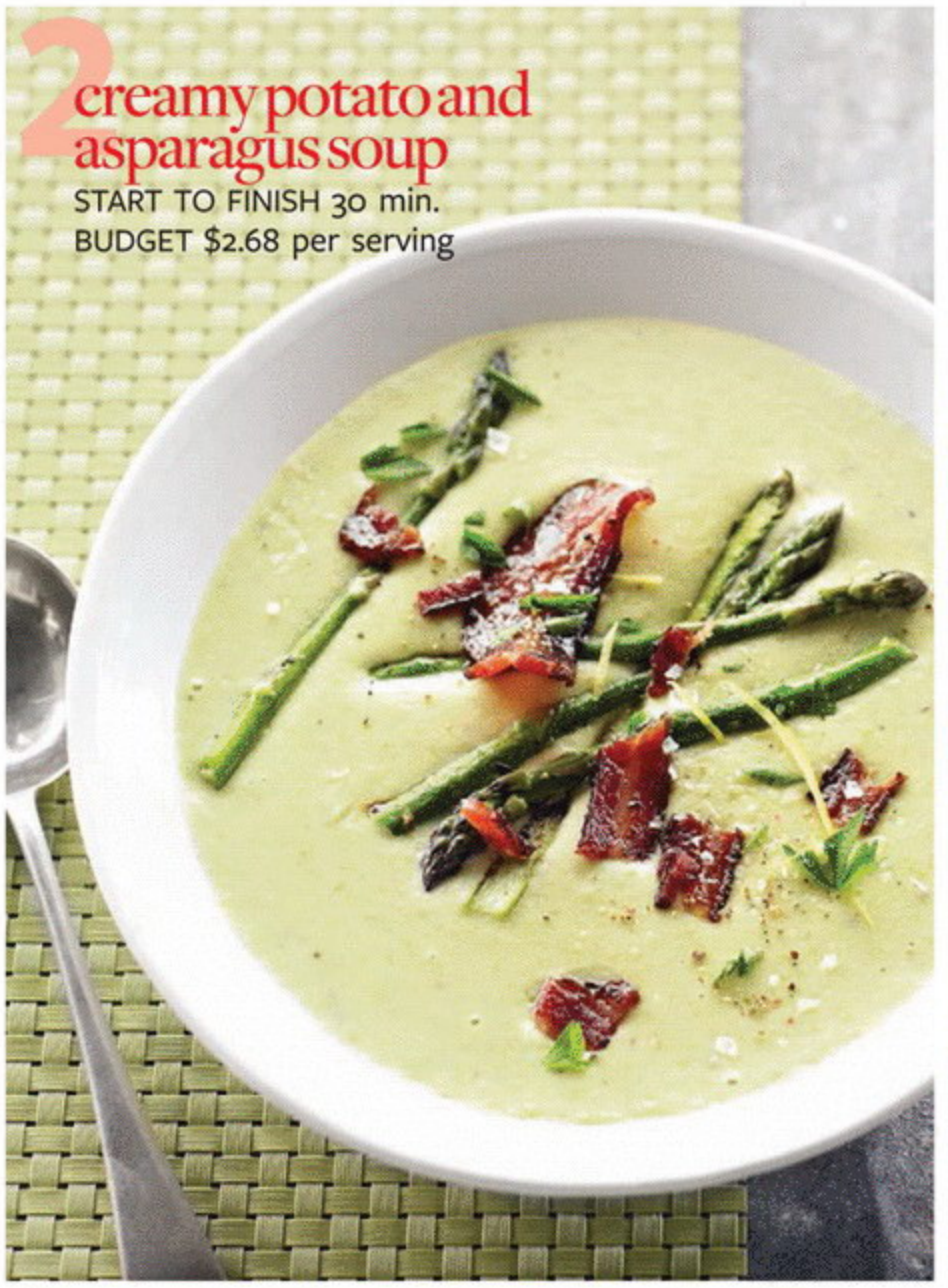
GrilledAndReady.com

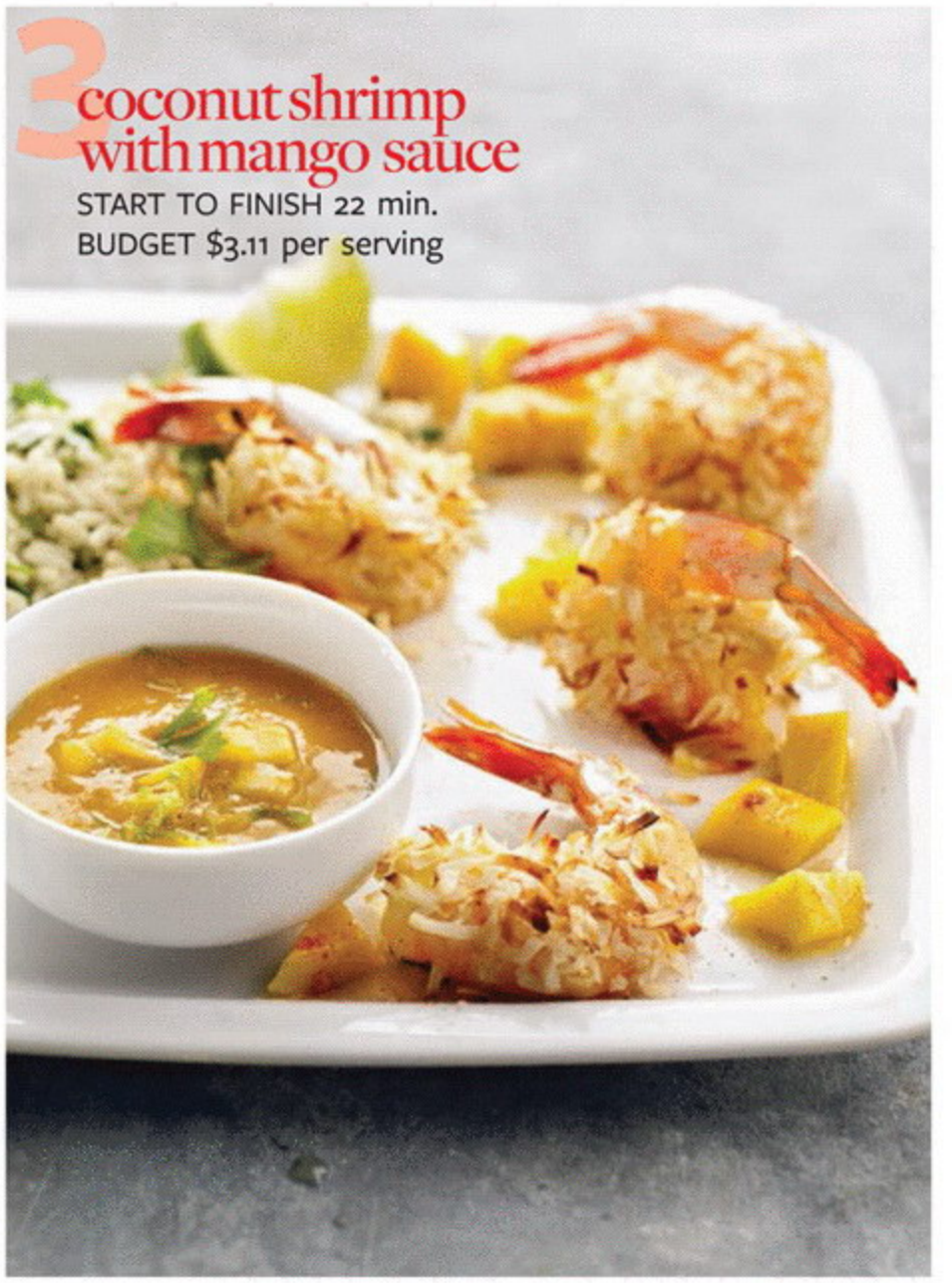
2 creamy potato and asparagus soup

START TO FINISH 30 min.
BUDGET $2.68 per serving



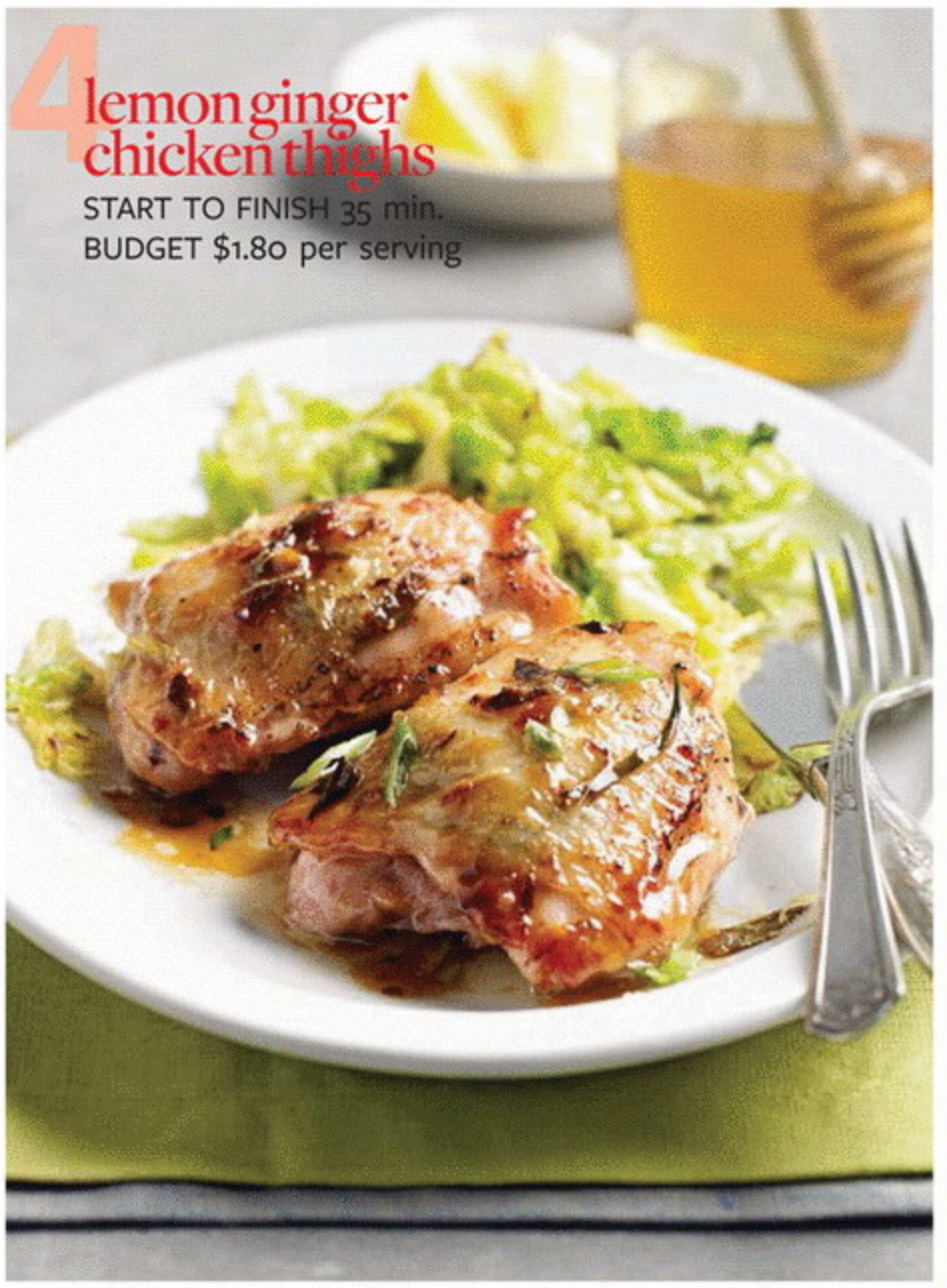
3 coconut shrimp with mango sauce

START TO FINISH 22 min.
BUDGET $3.11 per serving



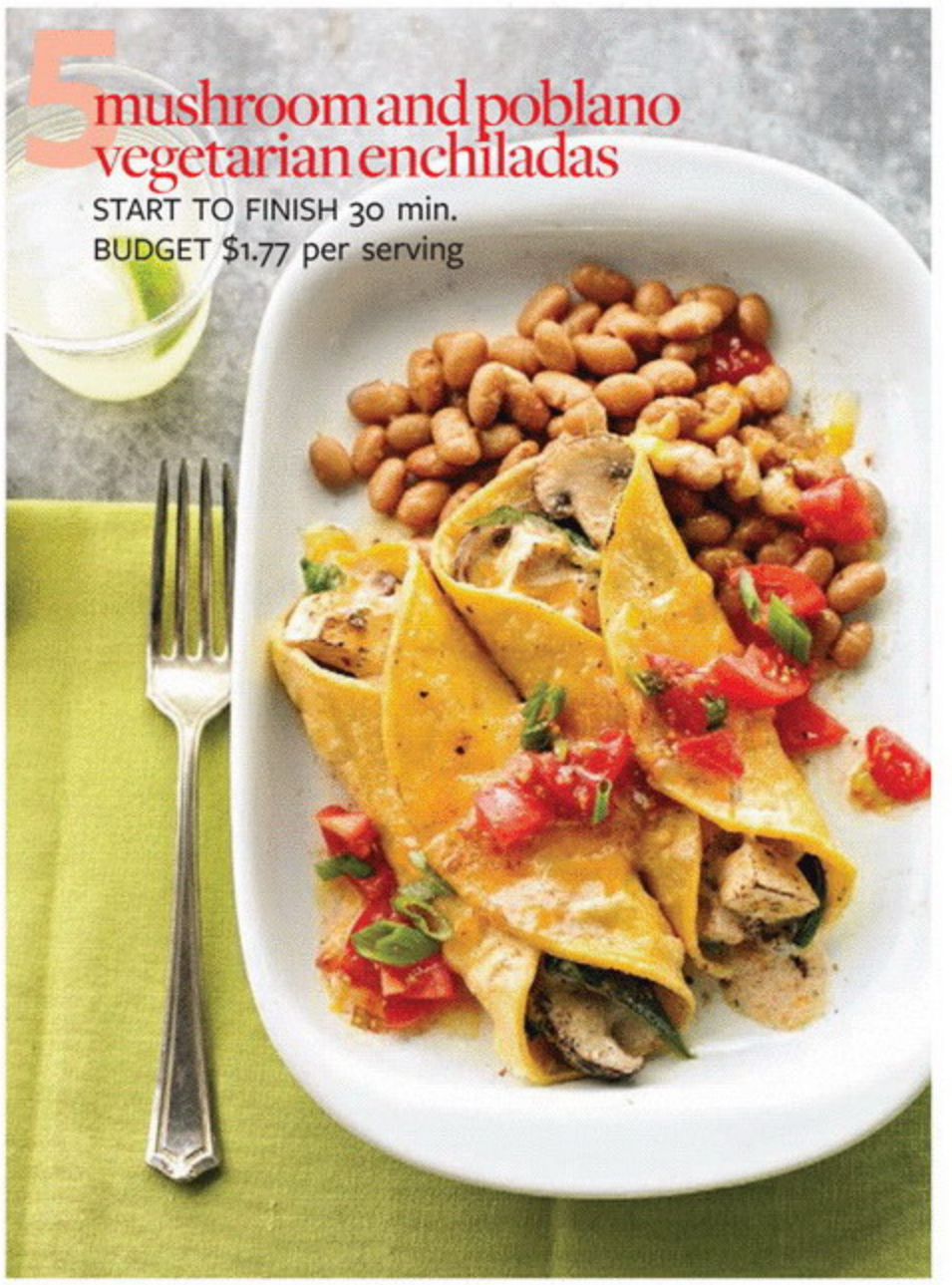
4 lemon ginger chicken thighs

START TO FINISH 35 min.
BUDGET $1.80 per serving



5 mushroom and poblano vegetarian enchiladas

START TO FINISH 30 min.
BUDGET $1.77 per serving



COCONUT SHRIMP WITH MANGO SAUCE

- 1 lime
- 2 mangoes, halved, seeded, peeled, and chopped
- ¼ cup honey
- ⅛ tsp. cayenne pepper
- Snipped fresh cilantro
- 12 oz. fresh or thawed frozen peeled and deveined large shrimp
- 1 cup unsweetened flaked coconut (4 oz.)
- Lime wedges (optional)

1. Preheat oven to 425°F. Line a baking sheet with foil and lightly coat with *nonstick cooking spray*. Finely shred 1 tsp. peel from lime and squeeze juice from lime; add lime juice to blender with *1 cup* of the chopped mango, the honey, and cayenne pepper; cover and process until smooth. Remove ¼ cup to shallow dish. Transfer remaining to bowl; top with lime peel and snipped fresh cilantro. Set aside for dipping sauce.
2. Rinse shrimp; pat dry. Sprinkle with *salt*. Place coconut in shallow dish. Dip shrimp in the ¼ cup mango sauce and then coconut, pressing to coat. Place on baking sheet.
3. Bake 8 to 10 minutes or until coconut is golden and shrimp are cooked through. Serve with dipping sauce, *remaining* chopped mango, cilantro, and lime wedges. **SERVES 4.**
EACH SERVING *414 cal, 20 g fat, 129 mg chol, 285 mg sodium, 44 g carbo, 7 g fiber, 20 g pro.*

CREAMY POTATO AND ASPARAGUS SOUP

- 1 large bunch asparagus (1¼ lb.), trimmed
- 1¼ lb. potatoes, peeled and chopped (½-inch pieces or smaller)
- 1 12-oz. can evaporated milk
- 6 slices bacon
- 1 Tbsp. honey
- Shredded lemon peel, Italian (flat-leaf) parsley, coarse salt and/or freshly ground pepper (optional)

1. Reserve about ⅓ of the asparagus. Combine remaining asparagus, the potatoes, evaporated milk, ½ tsp. *salt*, ½ tsp. *black pepper*, and 1¼ cups *water* in saucepan. Bring to boiling; reduce heat. Simmer, covered, 10 minutes or until potatoes are tender. Cool slightly. In blender or food processor, blend or process soup, half at a time, until smooth.
2. Meanwhile, in skillet, cook bacon until crisp. Drain on paper towels; set aside. Reserve 1 Tbsp. bacon drippings in skillet. Add reserved asparagus. Cook 5 to 6 minutes or until asparagus is crisp-tender, stirring occasionally.
3. Coarsely chop bacon and place in microwave-safe pie plate. Drizzle with honey; cover with vented plastic wrap. Just before serving, microcook on 100% power (high) 30 seconds. To serve, ladle soup into bowls and top with asparagus, bacon, and desired toppings. **SERVES 4.**
EACH SERVING *356 cal, 15 g fat, 41 mg chol, 673 mg sodium, 43 g carbo, 4 g fiber, 15 g pro.*

MUSHROOM AND POBLANO VEGETARIAN ENCHILADAS

- 6 oz. firm tofu
- 1 small poblano pepper
- Vegetable oil
- 1 8-oz. pkg. sliced cremini mushrooms
- 1 tsp. ground cumin
- ¼ cup sour cream
- 1 cup shredded cheddar and Monterey Jack cheese (4 oz.)
- 8 corn tortillas
- Chopped tomato and green onion (optional)

1. Drain tofu; cut in cubes. Stem and seed poblano; cut in strips. In skillet heat 1 Tbsp. oil over medium heat. Add tofu, peppers, mushrooms, cumin, and ½ tsp. *salt*. Cook 8 to 10 minutes or until mushrooms and peppers are tender, turning occasionally. Stir in sour cream and *½ cup* of the cheese.
2. Preheat broiler. Lightly oil a 13×9x2-inch baking pan, set aside. Wrap tortillas in dampened paper towels and microcook on 100% power (high) 30 seconds or until warm and softened. Spoon mushroom filling into tortillas; fold over and place in prepared pan. Sprinkle with *remaining* cheese. Broil 4 to 5 inches from heat 1 to 2 minutes, until cheese is melted. Top with tomato and green onion. **SERVES 4.**
EACH SERVING *335 cal, 18 g fat, 36 mg chol, 521 mg sodium, 29 g carbo, 4 g fiber, 15 g pro.*

LEMON GINGER CHICKEN THIGHS

- 1 lemon
- 1 Tbsp. grated fresh ginger
- ½ tsp. salt
- 2 Tbsp. honey
- 1 Tbsp. reduced-sodium soy sauce
- 8 chicken thighs with bone
- 2 tsp. vegetable oil
- Sliced green onions and lemon wedges (optional)

1. Finely shred peel from lemon and juice lemon. In bowl combine the lemon peel, ginger, and salt. In another bowl combine lemon juice, honey, soy sauce, and 2 Tbsp. *water*.
2. Rub lemon peel mixture under the skin of the chicken thighs. In 12-inch skillet, heat oil over medium-high heat. Place chicken, skin side down, in the hot oil. Cook 7 minutes or until well-browned; turn chicken and add lemon juice mixture. Reduce heat; cover and cook 14 to 18 minutes longer or until no pink remains (180°F).
3. Transfer chicken to plates. Skim fat from pan juices, if desired. Drizzle chicken with some of the pan juices. Top with green onion and serve with lemon wedges. **SERVES 4.**
EACH SERVING *459 cal, 31 g fat, 158 mg chol, 567 mg sodium, 12 g carbo, 1 g fiber, 33 g pro.*

Plan meals using Everyday Easy recipes at BHG.com/mealideas

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doughnuts come full circle

Doughnuts have long been a star of the *Better Homes and Gardens New Cook Book*. This recipe—from the 1953 edition—has become a favorite of today's food editors. We've updated it to use butter (and more of it!) instead of shortening, but kept its classic cinnamon-nutmeg spiciness.

cover recipe

BEST DOUGHNUTS

To avoid splashing hot oil and burning your fingers, lower doughnuts into the pan with a large metal slotted spoon.

PREP: 30 MIN. COOK: 2 MIN. PER BATCH
CHILL: 2 HRS.

- 3½ cups all-purpose flour
- 1 Tbsp. baking powder
- 1 tsp. ground cinnamon
- ¾ tsp. salt
- ½ tsp. ground nutmeg
- ⅓ cup milk
- ½ cup butter, melted
- 4 eggs, beaten
- ⅔ cup sugar
- Vegetable oil for deep-fat frying
- Cinnamon-Sugar or sifted powdered sugar

1. In a bowl combine flour, baking powder, cinnamon, salt, and nutmeg; set aside. In another bowl combine milk and melted butter. In a large mixing bowl combine eggs and sugar; beat with electric mixer until thick (about 5 minutes). Add milk mixture; stir with wooden spoon to combine. Add flour mixture and stir with wooden spoon until smooth. Cover dough; chill 2 hours (dough will remain slightly sticky).

2. Turn dough out onto a lightly floured surface. Roll dough to ½-inch thickness. Cut dough with a floured 2½-inch round cutter. Use a 1¼-inch cutter to cut the hole for the doughnut. (You can also use a standard doughnut cutter.)

3. Fry 2 or 3 doughnuts at a time in deep hot fat (375°F) for 2 to 2½ minutes or until brown, turning halfway through with a slotted spoon. Drain on paper towels. Repeat with remaining doughnuts and doughnut holes.

4. Shake warm doughnuts in a bag with Cinnamon-Sugar or powdered sugar. Serve warm (or reheat each doughnut 8 to 10 seconds in microwave on high). **MAKES ABOUT 15 DOUGHNUTS + DOUGHNUT HOLES.**

CINNAMON-SUGAR Stir together ½ cup granulated sugar and 1 tsp. ground cinnamon.

EACH DOUGHNUT *382 cal, 20 g fat, 290 mg chol, 326 mg sodium, 39 g carbo, 1 g fiber, 11 g pro.*

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TUSCAN COUNTRYSIDE

Some fall in love with Tuscan
Cuisine as soon as they arrive.

*****

Others love it so much they never leave.

Aldo has lived on a hill overlooking Siena his entire life. Part of an ancient form of sharecropping called Mezzandria, he works the olive groves in exchange for a portion of the farm's produce. And while most everything in Aldo's kitchen comes from the land, there's one thing that comes from the market — Barilla pasta.

www.DiscoverBarilla.com

Barilla Penne
with spinach, cherry tomatoes and Tuscan Pecorino cheese

Ingredients

Barilla Penne	1 box
Extra virgin olive oil	4 tbsp, divided
Garlic	1 clove, chopped
Cherry tomatoes	4 cups, halved
Fresh baby spinach	1 (6 oz.) bag
Tuscan Pecorino cheese	1 cup, shaved
Salt & black pepper to taste	

For the complete recipe visi
DiscoverBarilla.com

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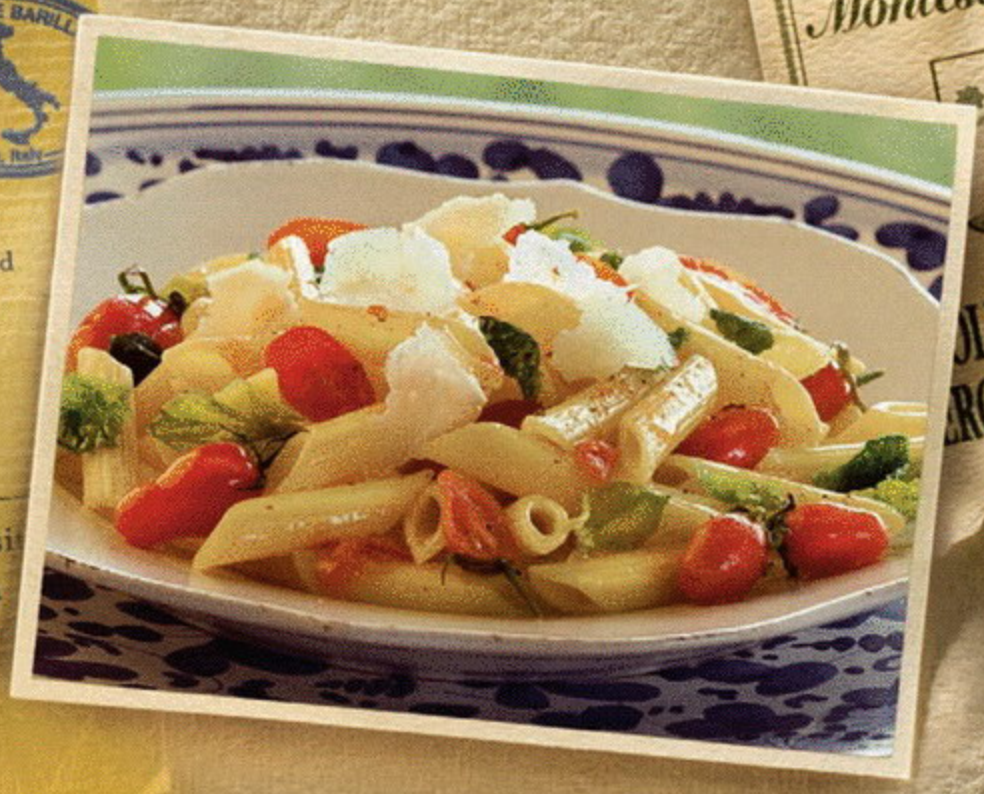
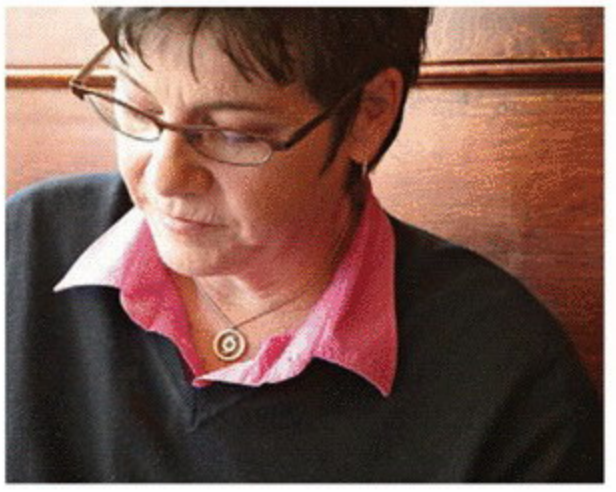


Montestigliano

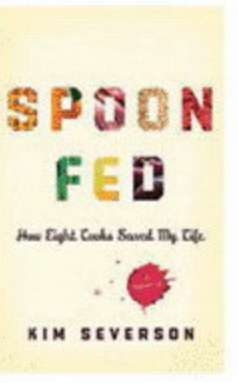
OLIO EXTRA
ERGINE di OLIVA



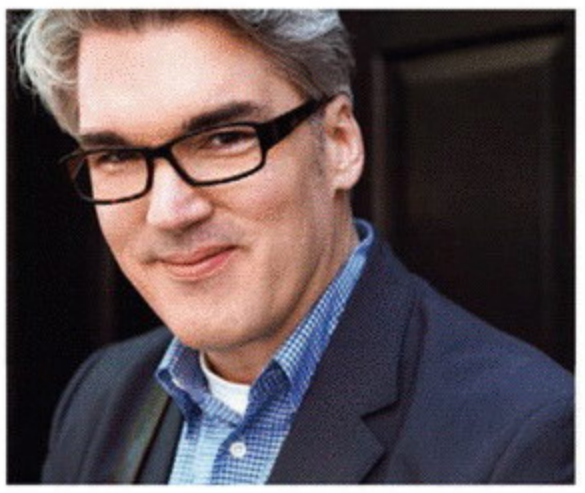
meet kim severson

"The family table has always been the place I come back to, the place where I learned all my life lessons," says *New York Times* food writer Kim Severson. "I go there for comfort, great food, and for laughs."

Kim got her start as a reporter in the Pacific Northwest and later moved to San Francisco to become a food writer. She's been with the *The New York Times* since 2004.



Kim shares stories and recipes in her recent memoir *Spoon Fed: How Eight Cooks Saved My Life* (Riverhead Books, $25.95)

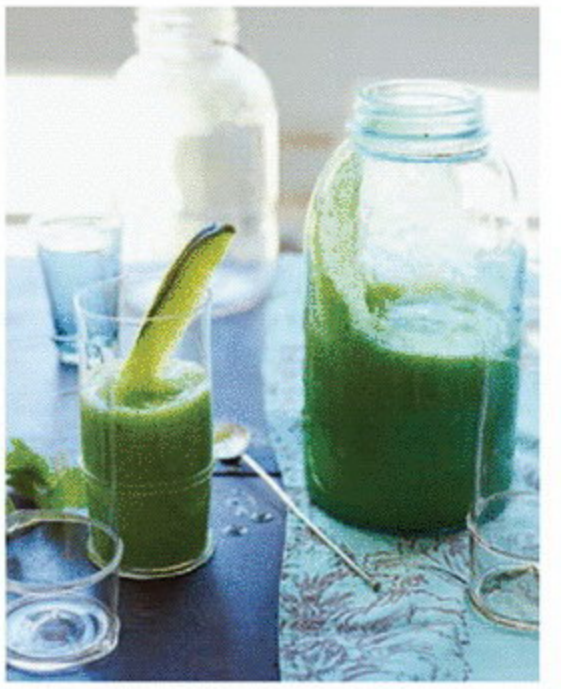


meet scott peacock

To chef Scott Peacock, American cooking is all about wonderfully flavorful food and embracing the uniqueness each region brings to the table. "It's exciting that we are finally reconnecting to local food and regional traditions," he says.

Scott left the restaurant business in 2010 to focus on writing and to produce a documentary about the food and culinary practices of Alabama—his native state—as told through oral histories of its longest-living citizens. He also produces the *Better Homes and Gardens* "American Classics" features.

Share your thoughts and favorite American home cooking recipes in Kim and Scott's new fan club group at mixingbowl.com/grp/AmericanHomeCooking.



CUCUMBER AGUA FRESCA

"A splash of rum or vodka makes this a great before-dinner drink," says Scott.

PREP: 15 MIN.

- 4 medium cucumbers, peeled, seeded, and cut in ½-inch slices (about 5 cups)
- ½ cup water
- Pinch salt
- 3 cups ice cubes
- 1 small bunch fresh mint or basil (about 1 cup)
- 1 lime, juiced
- Agave nectar or sugar syrup*
- Cucumber spears (optional)

In a blender container combine cucumbers, water, and salt. Cover and puree until smooth. If you want it perfectly smooth, sieve mixture, but this is not essential. Add ice cubes and mint; blend until slushy. Stir in lime juice and sweeten with agave nectar to taste. To serve, add a cucumber spear to each glass. **MAKES 6 SERVINGS.**

***SUGAR SYRUP** In a small saucepan combine 1 cup water and 1 cup sugar; heat and stir until sugar dissolves. Cool. Pour into a jar and store in refrigerator for up to 2 weeks.

EACH SERVING *73 cal, 0 g fat, 0 mg chol, 34 mg sodium, 18 g carbo, 2 g fiber, 2 g pro.*

kim talks with scott about his recipes and american home cooking

KIM: I love agua fresca, and this one really has a unique character. What was your inspiration?

SCOTT: Florida—its mix of coast and farmland, and Latin influence. Agua fresca, which is Spanish for "fresh water," is made from a base of sweetened water with various flavorful additions. This version, with the cucumber and fresh mint, is so refreshing and restorative on a hot day. You can use what is on hand—melon, berries, or herbs. Just throw it all in the blender.

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SHRIMP-AND-SAUSAGE RED RICE

"In the summer months you can dice fresh tomatoes for this recipe—about 1¼ cups will do—and use small whole okra pods with the stem end trimmed," says Scott.

START TO FINISH: 1 HR., 15 MIN.

- 3 Tbsp. bacon drippings
- ½ cup chopped onion
- ½ cup chopped green sweet pepper
- 1 small jalapeño pepper, seeded and finely chopped*
- 3 cloves garlic, minced
- ½ tsp. dried thyme, crushed
- ½ tsp. crushed red pepper (optional)
- ½ to 1 tsp. kosher salt
- Freshly ground pepper
- 1 14.5-oz. can whole tomatoes, drained and crushed**
- 1 rounded Tbsp. tomato paste
- 2 cups chicken stock or water
- 1 Tbsp. butter
- 1 cup long grain rice
- 8 oz. andouille or cooked, smoked chorizo sausage, sliced in ½-inch rounds
- 1 cup sliced fresh okra
- 1 lb. peeled and deveined shrimp

1. In a large skillet heat bacon drippings. Add onion; cook over medium-low heat without stirring for 5 minutes. Add the sweet pepper, jalapeño, garlic, thyme, and crushed red pepper. Sprinkle with ½ tsp. salt and a few grinds of black pepper. Cook over low heat for 8 to 10 minutes or until onion and pepper are soft but not browned.
2. Add tomatoes and tomato paste. Stir in stock; bring to a simmer. Cover and simmer gently for 15 to 20 minutes. Taste carefully for seasoning (broth should be highly seasoned to flavor the rice).
3. In a heavy, wide-bottom nonreactive pot or heavy 12-inch skillet heat butter over medium heat until melted. Add rice; cook, stirring constantly, for 1 to 2 minutes until rice becomes translucent. Carefully stir in the hot tomato mixture. Cover quickly and cook over low heat for 20 minutes. Add the sausage and okra, mixing in gently with two forks. Return cover and cook 10 minutes longer over very low heat, just until most of the liquid is absorbed and the rice is tender.
4. Sprinkle shrimp lightly with *salt* and *pepper.* Stir the shrimp into the rice mixture. Cover and cook 3 to 5 minutes longer, just until shrimp is opaque. Remove from heat and let rest for 3 to 5 minutes before serving. **MAKES 6 SERVINGS.**
*Hot chile peppers contain oils that may burn skin and eyes. Wear plastic or rubber gloves when handling.
**To crush canned tomatoes, working over a bowl, squeeze tomatoes with your hands to break into pieces.

EACH SERVING *455 cal, 22 g fat, 145 mg chol, 852 mg sodium, 37 g carbo, 2 g fiber, 26 g pro.*

SPICED PORK RIB ROAST WITH SEASONAL VEGETABLES

"Rubbing the spice rub over the roast and letting it sit overnight really helps distribute the flavor deep into the meat," says Scott.

PREP: 30 MIN. ROAST: 1½ HRS. + 20 MIN.
OVEN: 325°F/450°F

- 1 4- to 6-lb. pork center rib roast (about 8 ribs)
- 1 to 2 Tbsp. olive oil
- 1 recipe Coriander-Bay Spice Rub, *page 204*
- 3 to 4 sprigs fresh rosemary (optional)
- 4 ears fresh sweet corn, cut in pieces
- 1 to 1½ lb. green beans, stem ends trimmed
- Olive oil

KIM: Red rice really reflects where you grew up, doesn't it.
SCOTT: Rice is a staple in many parts of the South, especially the Carolinas and Alabama where I grew up eating tomatoes with rice. I first learned about red rice from my friend and collaborator, Edna Lewis, who was a great Southern chef. This dish mixes flavors from the shore, garden, and butcher into a classic Southern dish perfect for a gathering of friends.

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- ½ tsp. salt
- ¼ to ½ tsp. freshly ground pepper
- ½ cup chicken stock or water
- ¼ cup dry white wine

1. Brush pork roast with the olive oil using enough to get a good coating. Sprinkle Coriander-Bay Spice Rub over all sides of the roast, rubbing in with your fingers. If desired, make a long thin slit between bones and meat and push rosemary sprigs into slit. Or, if the roast is tied, thread rosemary through the string. Place roast in a 13×9-inch baking dish. Loosely cover and refrigerate overnight or up to 2 days.
2. Preheat oven to 325°F. Place roast in a shallow roasting pan, bone side down. If using an oven-going meat thermometer, insert into center of roast, making sure thermometer doesn't touch bone. Roast for 1½ to 2 hours or until thermometer registers 150°F. Transfer roast to a serving platter (reserve drippings in pan). Cover roast with foil. Let stand while roasting corn and beans. The temperature of the meat after standing should be 160°F.
3. While pork is roasting, prepare corn and green beans. In a large pot of rapidly boiling, salted water (1 Tbsp. salt to a gallon of water) cook corn 2 minutes. Remove from water with slotted spoon; drain well and set aside. Return water to boiling. Add green beans. Cook 3 minutes, remove from water with slotted spoon. Drain well and set aside.
4. While roast is resting, increase oven temperature to 450°F. In the same roasting pan toss corn in pork drippings (add additional olive oil if needed to coat corn). Sprinkle with salt and pepper. Roast for 15 minutes or until corn starts to brown. Push corn to one side of the roasting pan. Add green beans to roasting pan and toss in drippings. Roast 5 minutes more. Using tongs transfer vegetables to platter with roast.
5. Add the chicken stock and wine to hot roasting pan. Cook and stir to loosen browned bits from bottom of pan.* Spoon pan juices over pork and serve with corn and green beans. **MAKES 8 SERVINGS.**
BONELESS PORK ROAST Prepare a 2½ to 3 lb. boneless pork top loin roast (single loin) as in Step 1. Preheat oven to 325°F. Place roast on a rack in a shallow roasting pan. Roast for 1¼ to 1¾ hours or until 150°F. Cover roast and let stand until 160°F as above. *If using an induction stove, transfer pan drippings and browned bits from roasting pan to a small saucepan. Bring just to boiling and serve with pork.
EACH SERVING *396 cal, 22 g fat, 87 mg chol, 1,000 mg sodium, 15 g carbo, 3 g fiber, 33 g pro.*

CORIANDER-BAY SPICE RUB

"I'm an advocate of freshly grinding whole spices using a spice grinder, or a very sharp fine grater for the nutmeg," says Scott. "It's a small thing that makes a huge flavor difference."

PREP: 10 MIN.

- 1 Tbsp. kosher salt
- 1 Tbsp. packed brown sugar
- ½ tsp. freshly ground black pepper
- ½ tsp. ground coriander
- ½ tsp. ground cumin
- ½ tsp. ground cinnamon
- ½ tsp. dried thyme, crushed
- ¼ tsp. ground cloves
- ¼ tsp. ground cardamom
- ¼ tsp. ground ginger
- ¼ tsp. ground nutmeg
- 1 small bay leaf, finely crumbled

In a small bowl combine all ingredients and mix well. **MAKES ¼ CUP.**

SLOW-BAKED TOMATOES WITH GARLIC AND MINT

"The tomatoes should be roughly the same size and uncut so they bake evenly," says Scott.

PREP: 15 MIN. BAKE: 45 MIN. OVEN: 325°F

- 1½ lb. cherry or grape tomatoes
- ¼ to ½ cup extra virgin olive oil
- 7 cloves garlic, peeled, split lengthwise, and green shoot removed
- 1 bunch fresh mint, trimmed
- 1 to 2 tsp. coarse or flake salt
- 1 tsp. freshly ground black pepper
- Toasted slices of rustic bread
- Goat cheese (optional)

1. Preheat oven to 325°F. Wash and drain tomatoes well. Pat dry with paper towels.
2. In a nonreactive (such as earthenware) 2-quart baking dish place tomatoes in a single layer. Pour on olive oil so they are well coated and there is a thin layer (⅛ inch) of oil on bottom of dish. Toss in garlic, mint, salt, and pepper.
3. Bake, uncovered, for 45 to 60 minutes or until skins split and soften but tomatoes still retain their shape.
4. Serve hot, warm, or at room temperature. Spoon or mash over slices of toasted bread and serve with goat cheese. **MAKES 8 SERVINGS.**
EACH SERVING *178 cal, 10 g fat, 0 mg chol, 423 mg sodium, 20 g carbo, 2 g fiber, 4 g pro.*

GOLDEN LAYER CAKE WITH CHOCOLATE ICING

"If you do not have five cake pans, bake in shifts," says Scott. "Chill the remaining batter while the other layers bake."

PREP: 30 MIN. BAKE: 15 MIN. STAND: 30 MIN. OVEN: 350°F

- 1 cup unsalted butter
- 5 eggs
- 1 cup milk
- 2 cups sugar
- ½ tsp. kosher salt

KIM: Clearly, you love a good roast as much as I do. Why do you use the array of spices?
SCOTT: To me, a roast says family and America like nothing else. It's easy to cook and brings people to the table. Plus, there's so much great heritage pork coming from farmers in the Midwest. I chose the spice blend for interest and as a nod to the spice drawer we all grew up with. The trick is to make sure the spices are fresh as can be.

KIM: The Slow-Baked Tomatoes recipe is so simple, but the results are impressive. Why does it work so well?
SCOTT: I frequently visit the Bay Area to see my friend Alice Waters and eat at her restaurant, Chez Panisse. Seasonal cooking is such a part of the lifestyle in Northern California, and I find the simplicity of Alice's food inspiring. The success of this dish depends wholly on great tomatoes—it's worth a trip to the farmer's market or a knock on the door of a generous neighbor with a green thumb.

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2 tsp. pure vanilla
3 cups sifted cake flour
1 Tbsp. Scott's homemade baking powder, *below,* or baking powder
1 recipe Chocolate Icing, *below*

1. Let butter, eggs, and milk stand at room temperature for 30 minutes. Butter, line with waxed paper, butter, and lightly flour five 9×1½-inch round baking pans.
2. Preheat oven to 350°F. In a large mixing bowl beat butter with an electric mixer on medium to high speed for 30 seconds. Gradually add sugar, beating until well combined. Add eggs, one at a time, beating well after each addition. Beat in salt and vanilla. Combine flour and baking powder. Alternately add with milk to butter mixture. Spread batter in prepared pans, using about 1⅓ cups batter per pan.
3. Bake about 15 minutes or until tops spring back when lightly touched. Cool in pans on wire rack for 5 minutes. Remove from pans; remove and discard waxed paper. Cool completely on wire racks. Frost with Chocolate Icing. **MAKES ABOUT 16 SERVINGS.**

SCOTT'S HOMEMADE BAKING POWDER In a small bowl combine ¼ cup cream of tartar and 2 Tbsp. baking soda. Sift together 3 times. Transfer to a clean, tight-sealing jar. Store at room temperature, away from sunlight, for up to 6 weeks.

EACH SERVING *657 cal, 21 g fat, 120 mg chol, 246 mg sodium, 113 g carbo, 1 g fiber, 7 g pro.*

CHOCOLATE ICING

START TO FINISH: 30 MIN.

5 cups sugar
⅓ cup unsweetened cocoa powder
½ tsp. kosher salt
½ cup unsalted butter, cut up
1 12-oz. can evaporated milk
½ cup whole milk
2 tsp. pure vanilla

1. In a 4- to 5-quart Dutch oven stir together sugar, cocoa, and salt. Add butter and milks. Cook and stir over medium heat until sugar is dissolved. Bring to a boil over medium-high heat, stirring occasionally. Boil gently for 4 minutes, stirring often. Clip candy thermometer to side of pan. Reduce heat and cook to 230°F, stirring occasionally, about 15 to 20 minutes.
2. Remove from heat; stir in vanilla. Cool slightly, without stirring, for 20 minutes or until thermometer registers between 165°F and 170°F and icing begins to thicken to the consistency of hot fudge sauce (pourable, but not runny). Generously ice between layers, and on top and sides of cake by pouring on some of the icing and spreading with an offset spatula. **MAKES 4¼ CUPS.**

CHICKEN-CHILE STEW WITH BEANS

"The dry tepary beans need to soak in water overnight, so plan ahead. If you can't find tepary beans, any good white bean can be used," says Scott. Find tepary beans at ranchogordo.com.

START TO FINISH: 2 HRS.

1 lb. dry tepary or navy beans
6 chicken thighs (2¼ lbs.)
Kosher salt and freshly ground pepper
2 thick slices salt pork (about 4 oz.)
2 dried whole pasilla peppers (optional)
8 cups chicken stock or water
2 large yellow onions, finely chopped
2 large Anaheim or poblano peppers, seeded, ribs removed, and cut in ⅓-inch dice*
1 small serrano or jalapeño pepper, seeded and minced* (optional)
1 Tbsp. chopped garlic
1 Tbsp. paprika
1 Tbsp. chili powder
1 Tbsp. unsweetened cocoa powder

KIM: People don't make enough cakes from scratch these days. And they certainly don't make five layers. Why should we give it a try?
SCOTT: Nothing compares to a homemade cake. When you cut into it and there's all those layers, friends are dazzled. This one calls for an old-fashioned boiled chocolate icing made with rich powdered cocoa. The ratio of the thin layers of velvety cake to the icing is perfect."

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- 1 Tbsp. tomato paste
- 1 Tbsp. honey
- 2 cups peeled, cubed pumpkin or winter squash (1-inch cubes)
- Hot cooked rice
- Cilantro, slivered red onion, thin sliced jalapeño or serrano peppers, and sour cream

1. Rinse beans and pick over to remove any stones or damage beans. Place in a 6-quart Dutch oven. Add 8 cups water; cover and soak 8 to 24 hours. Sprinkle chicken generously with salt and pepper. Refrigerate, uncovered, preferably overnight.
2. Drain and rinse beans; return to pan and set aside. In a large nonstick skillet slowly cook salt pork until lightly browned. Add to beans along with whole pasilla peppers and the 8 cups stock. Add a big pinch of *salt*; bring to a simmer. Skim as needed. Simmer, partially covered, for 1¼ hours.
3. Meanwhile in the skillet used to cook the salt pork, slowly cook the chicken, skin side down first, until very well browned, about 15 minutes. Remove chicken from skillet and set aside. Pour off all but 2 Tbsp. of fat from pan. Add onions and a good sprinkle of kosher salt. Stir well, scraping up any browned bits from the bottom of the pan.
4. Add peppers and garlic; stir well. Cook slowly for 5 to 10 minutes, stirring often. Sprinkle with paprika, chili powder, and cocoa; stir well. Stir in the tomato paste and honey. Cook another 3 to 5 minutes.
5. If liquid level is below the beans, add more chicken stock or water. Ladle a cup of the bean liquid into the onion-pepper mixture. Bring to a simmer; carefully transfer to Dutch oven with beans. Taste for seasonings and adjust as needed.
6. Add chicken thighs and cook, partially covered, at a low simmer for 10 to 15 minutes.
7. Add the pumpkin and cook until chicken is tender and pumpkin is cooked through but not collapsing, about 15 minutes. Remove and discard salt pork and pasilla peppers. Serve over rice with cilantro, red onion, sliced peppers, and sour cream.
MAKES 6 SERVINGS.
*Hot chile peppers contain oils that may burn skin and eyes. Wear plastic or rubber gloves when handling.
EACH SERVING *575 cal, 23 g fat, 83 mg chol, 964 mg sodium, 56 g carbo, 18 g fiber, 37 g pro.*

BUTTERED APPLES IN MAPLE SYRUP CUSTARD

PREP: 30 MIN. BAKE: 25 MIN. STAND: 30 MIN. OVEN: 350°F

- ¾ cup milk
- 3 Tbsp. sugar
- 2 tsp. all-purpose flour
- ¼ tsp. freshly grated nutmeg
- Large pinch kosher salt
- 2 Tbsp. unsalted butter
- 5 to 7 Granny Smith apples, peeled, cored, and sliced ½ inch thick (about 8 cups)
- 1 small lemon
- 4 oz. extra sharp white cheddar cheese, cut in scant ½-inch cubes

CUSTARD

- 4 eggs, separated
- 2 Tbsp. sugar
- 2 Tbsp. all-purpose flour
- ½ tsp. kosher salt
- ¾ cup pure maple syrup
- 3 Tbsp. unsalted butter, melted
- ¼ cup whipping cream
- ½ tsp. vanilla
- Whipped cream (optional)
- Pure maple syrup (optional)

1. Let milk stand at room temperature for 30 minutes. Preheat oven to 350°F. In a small bowl combine 3 Tbsp. sugar, 2 tsp. flour, the nutmeg, and a large pinch of salt.
2. In a large skillet melt *1 Tbsp.* of the butter; add half of the apples (do not overcrowd pan) and sprinkle with half of the sugar mixture. Cook over high heat, shaking and turning occasionally until apples are well browned. Squeeze half of the lemon over the apples, using your fingers to catch any seeds. Transfer to a buttered 9×2-inch quiche dish or deep-dish pie plate. Sprinkle with half of the cheese. Repeat with remaining *1 Tbsp.* butter, apples, sugar mixture, and lemon; place atop first apple-cheese layer. Sprinkle with remaining cheese.
3. For custard, in a large bowl whisk the egg yolks, 2 Tbsp. sugar, 2 Tbsp. flour, and ½ tsp. salt. Whisk in ¾ cup maple syrup, the melted butter, the ¾ cup room temperature milk, ¼ cup whipping cream, and vanilla.
4. In a separate clean large bowl, whisk the egg whites with a clean whisk until soft mounds form. Whisk in the egg yolk mixture just until blended. Pour over the apples using a spoon to gently move the apples a bit to ensure that the custard is distributed throughout.
5. Bake for 25 to 30 minutes or until custard is browned, set on top, and jiggles just in the center when gently shaken. Interior temperature when tested with an instant-read thermometer should read 160°F. Remove from oven and set on a wire rack to cool. Serve warm or at room temperature with whipped cream mixed with a little maple syrup. **MAKES 8 SERVINGS.**
EACH SERVING *374 cal, 18 g fat, 152 mg chol, 276 mg sodium, 48 g carbo, 3 g fiber, 8 g pro.*

KIM: Tepary beans are unusual. How did you discover them?
SCOTT: I first learned about this legume on a trip to the Southwest. I was fascinated that this little-known drought-resistant bean has been cultivated for centuries in that area.

KIM: And why do you brown the chicken so slowly?
SCOTT: I'm a great believer that it's the details that make the difference in good cooking. The careful browning builds deep flavor in the stew and renders out most of the fat so you are not skimming it off later. There's a big pay-off to this step.

KIM: What inspired you to put apples and cheddar together in a custard?
SCOTT: I first visited Vermont with my editor, Judith Jones. I really discovered the area through her eyes and she had maple trees on her property. Custard is a wonderful vehicle for maple syrup, and apples and cheddar are classic Vermont flavors. Each bite is different—some more apple, some more cheddar, and some more custard.

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PICO DE GALLO SALSA

Health-focused Brittany says that carrot and celery sticks may make the most nutritious dippers for this zesty salsa. "But tortilla chips are even better."

START TO FINISH: 20 MIN.

- 2 medium tomatoes, finely chopped
- 2 Tbsp. finely chopped onion
- 2 Tbsp. snipped fresh cilantro
- 1 serrano chile pepper, seeded and finely chopped

In a medium bowl combine tomatoes, onion, cilantro, serrano chile pepper, and a dash *sugar*. Cover; chill several hours.

EACH SERVING *3 cal, 0 g fat, 0 mg chol, 1 mg sodium, 1 g carbo, 0 g fiber, 0 g pro.*

PULLED CHICKEN SANDWICHES

"These full-flavored sandwiches are a favorite at our house," Rachel says. "Even my picky son will eat two of them."

PREP: 25 MIN. COOK: 7 MIN.

- 1 1¾- to 2-lb. purchased roasted chicken
- 1 medium onion, cut in ¼-inch slices
- 1 Tbsp. olive oil
- ⅓ cup cider vinegar or white wine vinegar
- ½ cup tomato sauce
- 3 to 4 Tbsp. seeded and finely chopped fresh red and/or green serrano chile peppers
- 2 Tbsp. snipped fresh thyme
- 2 Tbsp. molasses
- 2 Tbsp. water
- ½ tsp. salt
- 6 kaiser rolls or hamburger buns, split Bread-and-butter pickle slices or sweet pickle slices

1. Cut the meat from the chicken, discarding skin and bones. Use two forks or your fingers to pull meat into shreds.

2. In a large skillet cook onion in hot oil over medium heat about 5 minutes or until tender, stirring occasionally to separate slices into rings. Add vinegar. Cook and stir for 1 minute more.

3. Stir in tomato sauce, serrano peppers, thyme, molasses, the water, and salt. Bring to boiling. Add the chicken, stirring gently to coat. Heat through. Serve on split rolls with pickles. **MAKES 6 SANDWICHES.**

EACH SERVING *668 cal, 18 g fat, 126 mg chol, 1,485 mg sodium, 76 g carbo, 3 g fiber, 50 g pro.*

HOT FUDGE SAUCE

"This is pure chocolate luxury," according to Sara, "even on inexpensive ice cream."

START TO FINISH: 15 MIN.

- ¾ cup semisweet chocolate pieces
- ¼ cup butter
- ⅔ cup sugar
- 1 5-oz. can evaporated milk (⅔ cup)

In a small heavy saucepan melt the chocolate and butter over medium heat. Add the sugar; gradually stir in the evaporated milk; stir to dissolve the sugar. Bring to boiling; reduce heat. Boil gently over low heat for 8 minutes, stirring frequently. Remove from heat. Cool slightly. Serve warm over ice cream. (Cover and chill any leftovers for up to 3 days.) **MAKES 1½ CUPS.**

EACH (2 Tbsp.) SERVING *145 cal, 8 g fat, 14 mg chol, 41 mg sodium, 19 g carbo, 1 g fiber, 1 g pro.*

BANANA BREAD

"Make banana bread when your bananas get brown polka dots on them," Crystal suggests. "If you wait until they are all dark, your banana bread will be bitter."

PREP: 25 MIN. BAKE: 55 MIN. STAND: OVERNIGHT OVEN: 350°F

- 2 cups all-purpose flour
- 1½ tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. ground cinnamon
- ¼ tsp. salt
- ¼ tsp. ground nutmeg
- ⅛ tsp. ground ginger
- 2 eggs, lightly beaten
- 1½ cups mashed banana (4 to 5 medium)
- 1 cup sugar
- ½ cup cooking oil or melted butter
- ¼ cup chopped walnuts
- 1 recipe Streusel-Nut Topping (optional)

1. Preheat oven to 350°F. Grease bottom and ½ inch up the sides of one 9×5×3-inch loaf pan; set aside. In a large bowl combine flour, baking powder, baking soda, cinnamon, salt, nutmeg, and ginger. Make a well in center of flour mixture; set aside.

2. In a medium bowl combine eggs, mashed banana, sugar, and oil. Add egg mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy). Fold in walnuts. Spoon batter into prepared pan. If desired, sprinkle Streusel-Nut Topping over batter.

3. Bake 55 to 60 minutes or until a wooden pick inserted near center comes out clean (if necessary, cover loosely with foil the last 15 minutes to prevent overbrowning). Cool in pan on wire rack for 10 minutes. Remove from pan. Cool completely on rack. Wrap and store overnight before slicing. **MAKES 1 LOAF (16 SLICES).**

STREUSEL-NUT TOPPING In a small bowl combine ¼ cup packed brown sugar and 3 Tbsp. all-purpose flour. Using a pastry blender, cut in 2 Tbsp. butter until mixture resembles coarse crumbs. Stir in ⅓ cup chopped walnuts.

EACH SERVING *213 cal, 9 g fat, 26 mg chol, 108 mg sodium, 32 g carbo, 1 g fiber, 3 g pro.*

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food CORE VALUES RECIPES

APPLE PIE POPS

If you can't find wooden lollipop sticks, wooden chopsticks will also work. It's best not to overfill the mini pies. Any leftover apple filling is a treat served warm over ice cream or oatmeal.

PREP: 40 MIN. BAKE: 15 MIN. OVEN: 375°F

- 2 large apples, peeled, cored, and finely chopped
- ¼ cup sugar
- 1 tsp. apple pie spice
- 1 tsp. lemon juice
- Dash salt
- 1 Tbsp. cornstarch
- 2 Tbsp. water
- 1 15-oz. pkg. rolled refrigerated unbaked piecrust (2 crusts)
- 10 paper or wooden lollipop sticks
- 1 egg, separated
- 2 tsp. water
- 2 Tbsp. sugar
- ½ tsp. apple pie spice

1. Preheat oven to 375°F. Line a baking sheet with parchment paper; set aside.
2. In a medium skillet cook apples, the ¼ cup sugar, the 1 tsp. apple pie spice, the lemon juice, and salt over medium heat for 3 to 5 minutes or until apples are nearly tender, stirring occasionally. In a small bowl combine cornstarch and 2 Tbsp. water until smooth. Add to apple mixture; cook, stirring constantly, until mixture is thickened and well combined. Mixture will thicken quickly.
3. Unroll piecrusts. On a lightly floured surface, roll each crust to a 12-inch circle. Using a 3-inch round or leaf cutter, make 10 cutouts in each circle of dough.
4. Arrange 10 of the cutouts on the prepared baking sheet. Press a lollipop stick firmly into the center of each dough cutout. Spoon a scant tablespoon of filling in the center of each cutout. You will have leftover filling.
5. In a small bowl whisk the egg white and *1 tsp.* water until frothy. Use a pastry brush or your fingers to brush mixture around the edge of each dough shape. Place a second cutout of dough on top of the filling. Use a fork to seal edges, taking care that dough is sealed around lollipop stick.
6. In a small bowl, whisk together the egg yolk and remaining 1 tsp. water. Brush atop pie pops. In a small bowl, combine 2 Tbsp. sugar and remaining *½ tsp.* apple pie spice. Sprinkle over pops.
7. Bake 15 to 20 minutes or until golden. Cool on the baking sheet. **MAKES 10 POPS.**
EACH SERVING *255 cal, 12 g fat, 25 mg chol, 196 mg sodium, 36 g carbo, 1 g fiber, 2 g pro.*

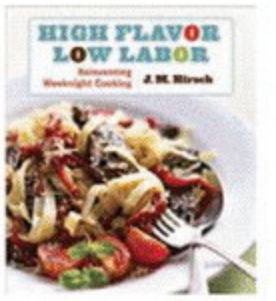
FETA CROSTINI WITH TOMATO, BACON, AND APPLE JAM

PREP: 25 MIN. COOK: 17 MIN. STAND: 5 MIN.

- ½ lb. smoked bacon
- 1 28-oz. can diced tomatoes, drained
- 1 cup sugar
- 1 medium apple, peeled, cored and diced
- 1 small yellow onion, diced
- 3 Tbsp. cider vinegar
- 1½ tsp. salt
- ¼ tsp. ground black pepper
- 1 loaf baguette-style French bread, thinly sliced and toasted (about 30 slices)
- 1 8-oz. block feta cheese, crumbled
- Snipped fresh chives

1. In a large skillet over medium heat, cook the bacon until it is just browned, about 5 minutes. Transfer the bacon to paper towels to drain excess fat. Crumble or cut into small pieces.
2. In a large saucepan combine the drained tomatoes, sugar, apple, onion, vinegar, salt, pepper, and bacon. Bring to a boil over medium heat and cook, stirring often, for 12 minutes or until apples are tender and most of liquid is reduced.
3. Remove pan from heat; let sit for 5 minutes.
4. Arrange baguette slices on a serving platter, top with a dollop of warm jam, the feta, and chives. **MAKES 30 CROSTINI.**
EACH SERVING *100 cal, 3 g fat, 9 mg chol, 376 mg sodium, 16 g carbo, 1 g fiber, 3 g pro.*

more recipes



Many of the recipes Jason Hirsch serves at his apple party are featured in his book *High Flavor, Low Labor* (Ballantine Books, August 2010). It also gives a rundown on spices and seasonings, as well as Jason's favorite kitchen tips. One tip: Cold dulls flavor. Let cheeses, salads, most fruits, olives—virtually anything except ice cream—stand 20 minutes at room temperature for the fullest flavor.

Win Money

Enter your recipe to win money in our Prize Tested Recipes® Contest (*see page 215*).

Enter your original (never before published) recipes in Prize Tested Recipes® contest, which features two new categories each month. Each month we publish the top recipe in each category.

MONTHLY PRIZES

Two $500 winners. One $250 Mixing Bowl People's Choice winner.

APRIL 2011 CATEGORIES

DOUGHNUTS Perhaps try your hand at making doughnuts from scratch, leavening them with yeast or baking powder. Or add whole grains to the doughnut dough, flavor it with spices, and deep-fat fry. Add a frosting or glaze if you like. Fill the centers with fruit, chocolate, or preserves after frying. Another possibility: Jazz up purchased doughnuts or doughnut holes with surprising toppings, or turn them into a special dessert with fruit and whipped cream.

LEMONY MAIN DISHES Spark the flavor of a main dish with lemon peel and/or juice used in a marinade or incorporated in a sauce. Or add lemon zest to a creamy pasta or rice dish combined with crisp-tender vegetables. Steamed, broiled, or baked fish are all naturals with a lemon-infused sauce. Make a main-dish salad tossed in a lemon vinaigrette dressing. Need another idea? Prepare a delicate lemon-flavored soup. Share your best idea.

THIS MONTH'S WINNERS (*PAGES 215–216*)

$400 WINNERS Irene Goodall, Loxahatchee, FL; Jordan Klevdal, Niwot, CO

$200 WINNERS Debi Carnott, Calumet, OK; Lisa Volpe Hachey, Hopkinton, MA

$50 HONOR ROLL WINNERS Jamie Brown-Miller, Napa, CA; Marion Di Paola, Modesto, CA; Anne Galindo, Fostoria, OH; Linda Herr, Akron, PA; KC Hill, Siletz, OR; Ryan Irby, Denham Springs, LA; Virginia B. Means, Corpus Christi, TX; Brenda Melancon, Gonzales, LA; Sandi Olson, Salt Lake City, UT; Betsy Whitehead, Allston, MA.

CONTEST DETAILS

Subject to Official Rules at BHG.com/recipe/memberRecipes and mixingbowl.com/grp/BetterHomesandGardensPrizeTestedRecipesContest. No purchase necessary. Open to legal U.S. residents, 18 years or older. Void where prohibited. Sponsor: Meredith Corp., Des Moines, IA.

ENTRY: The April 2011 Contest begins 8/15/2010 and ends 9/23/2010. Online: Enter at BHG.com/ptrcontest or submit the entry information in an e-mail to PTR@meredith.com. Online and e-mail entries must be received by 11:59 p.m. C.T. on 9/23/2010. By Mail: Send entries by postal mail to: 0411 Food Dept., Better Homes and Gardens® magazine, Des Moines, IA 50309-3023. Mail entries must be postmarked on or before 9/23/2010 and received by 9/30/2010.

ENTRY INFORMATION: For each Category entered, create your original recipe. Multiple entries are allowed, but each recipe must be submitted as a separate entry and each entry must meet the following requirements:

- A recipe may be submitted in either of the two monthly Categories. Write or type on each entry the Category you wish to enter. Each recipe may only be submitted for judging in one Category. Multiple entries may be submitted in the same envelope or e-mail.
- Recipe entries must be created by entrant and cannot have been previously published, won another competition or contest, or been used for advertising or promotional purposes.

Entry must: (1) include recipe name and the number of servings that the recipe yields, (2) use ingredients that are available in most grocery stores, (3) list ingredients with measurements in order of use, (4) include step-by-step preparation and cooking directions, (5) include entrant name, age, complete address with zip code, and telephone number with area code and e-mail (optional) and (6) Mixing Bowl entries must include a photo of the prepared recipe.

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PRIZE TESTED RECIPES® $400 WINNER

Jordan Klevdal, NIWOT, CO

VEGETABLE PIES AND TARTS SEPTEMBER 2010

RUSTIC SWISS CHARD AND MOZZARELLA TART

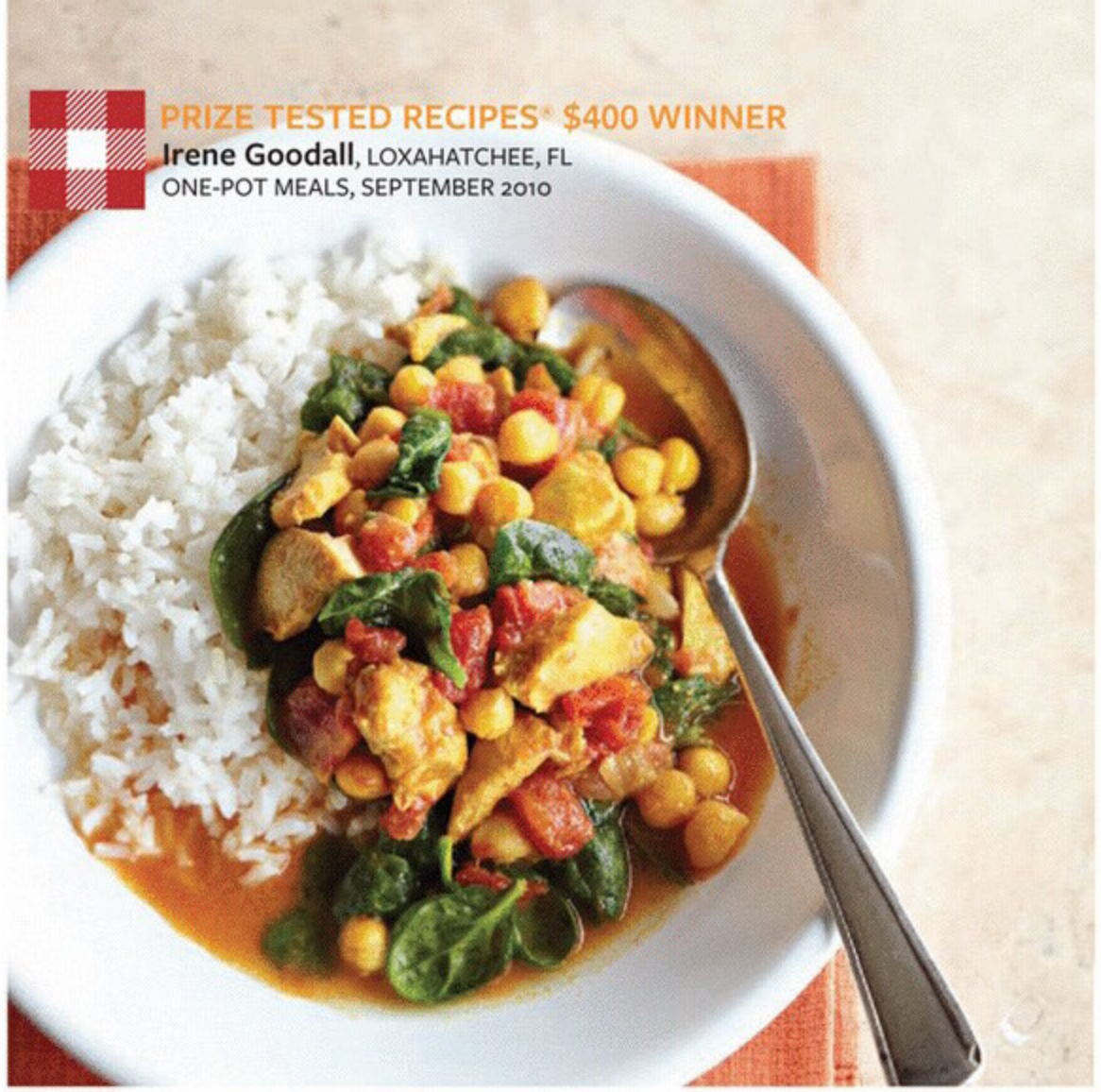
- 1 recipe Pastry, *below right*
- 1 bunch Swiss chard, washed and chopped (about 5 cups)
- 1 cup chopped leeks
- 4 cloves garlic, minced
- ¼ tsp. dried thyme, crushed
- 1 Tbsp. olive oil
- ¾ cup shredded mozzarella cheese
- Fresh Italian (flat-leaf) parsley (optional)

1. Prepare Pastry, *right*. Wrap and refrigerate (up to 1 hour) while preparing filling.

2. Preheat oven to 400°F. For filling, in a large skillet cook chard, leeks, garlic, thyme, ¼ tsp. *salt*, and ¼ tsp. *black pepper* in hot oil over medium heat for 4 minutes or until chard wilts and leeks are tender. Cool slightly. Stir in cheese; set aside.

3. On a lightly floured surface, roll Pastry to a 12-inch circle. Transfer to a parchment-lined or greased baking sheet. Spoon filling into center of pastry circle, leaving a 2-inch border. Fold dough over filling, leaving center open and pleating edges of dough. Bake for 30 to 40 minutes or until golden. Serve hot. Sprinkle with parsley. **MAKES 4 MAIN-DISH OR 8 APPETIZER SERVINGS.**

PASTRY In a large bowl combine 1¼ cups *all-purpose flour* and ¼ tsp. *salt*. Cut up ½ cup cold *butter;* cut into flour until mixture resembles coarse meal. Combine ¼ cup ice-cold *water,* ¼ cup *sour cream,* and 2 tsp. *lemon juice*. Add half the sour cream mixture to flour mixture; toss with a fork. Add remaining sour cream mixture; toss with fork until mixture is moistened. Form into a ball.



PRIZE TESTED RECIPES® $400 WINNER

Irene Goodall, LOXAHATCHEE, FL

ONE-POT MEALS, SEPTEMBER 2010

SLOW COOKER INDIAN CHICKEN STEW

- 2 lb. skinless, boneless chicken thighs, cut into 1-inch pieces
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 5 tsp. curry powder
- 2 tsp. ground ginger
- ½ tsp. salt
- ¼ tsp. ground black pepper and/or cayenne pepper
- 2 15-oz. cans garbanzo beans (chickpeas), rinsed and drained
- 2 14.5-oz. cans diced tomatoes, undrained
- 1 cup chicken broth
- 1 bay leaf
- 2 Tbsp. lime juice
- 1 9-oz. pkg. fresh spinach (optional)
- Hot cooked rice (optional)

1. Lightly coat a 6-quart slow cooker with *nonstick cooking spray* or *oil*. Add chicken, onion, and garlic to the slow cooker. Add curry powder, ginger, salt, and pepper to the slow cooker. Toss to coat. Stir in drained beans, undrained tomatoes, broth, and bay leaf. Cover and cook on high-heat setting 4 to 5 hours or low-heat setting 8 to 10 hours.

2. Stir lime juice into cooked stew. Stir spinach leaves into stew and let stand 2 to 3 minutes to wilt. Serve with rice. **MAKES 8 (ABOUT 1½ CUP) SERVINGS.**

To find recipes for every occasion, visit BHG.com/food

PRIZE TESTED RECIPES® CONTEST DETAILS *SEE PAGE 213*

PRIZE TESTED RECIPES® $200 WINNER
Debi Carnott, CALUMET, OK
ONE-POT MEALS, SEPTEMBER 2010

MEXICAN WINTER CHILI

- 1 lb. pork stew meat
- 2 Tbsp. olive oil
- 1 large onion, chopped
- 1 medium fresh poblano pepper, finely chopped
- 1 large red sweet pepper, cut into ¾-inch pieces
- 2 tsp. unsweetened cocoa powder
- 1 tsp. ground cumin
- ½ tsp. garlic powder
- ⅛ tsp. ground cinnamon
- Dash cayenne pepper
- 1 14-oz. can chicken broth
- 1 15-oz. can pumpkin
- ¼ cup whipping cream
- Fresh cilantro (optional)

1. In a Dutch oven cook pork in hot oil over medium-high heat 5 minutes or until browned. Stir in onion, poblano, and sweet pepper. Cook and stir 5 minutes or until tender. Stir in cocoa powder, cumin, garlic powder, cinnamon, and cayenne. Add broth and ½ cup *water*. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes or until pork is tender.
2. Stir in pumpkin, cream, and *salt* and *black pepper* to taste. Return to boiling; reduce heat. Simmer 5 minutes. Top with fresh cilantro.
MAKES 4 (1¼ CUP) SERVINGS.

photos BLAINE MOATS food styling GREG LUNA

PRIZE TESTED RECIPES® $200 WINNER
Lisa Volpe Hachey, HOPKINTON, MA
VEGETABLE PIES AND TARTS SEPTEMBER 2010

MIXED PEPPERS IN A GOUGÈRE CRUST

- 3 medium red, yellow, and/or green sweet peppers, sliced
- ½ of a red onion, sliced
- 1 clove garlic, minced
- 2 Tbsp. olive oil
- ¼ cup chopped fresh basil
- 1 Tbsp. chopped fresh rosemary
- ¾ cup milk
- 5 Tbsp. butter, cut up
- 1 cup all-purpose flour
- 4 oz. blue cheese, crumbled
- 4 eggs
- 1 oz. blue cheese, crumbled (¼ cup)

1. Preheat oven to 375°F. Grease an 11-inch tart pan with removable bottom; set aside. In a large skillet cook peppers, onion, and garlic in hot oil over medium heat until tender. Stir in basil and rosemary. Season with *salt* and *pepper;* set aside.
2. In a small saucepan combine milk, butter, ½ tsp. *salt,* and ½ tsp. *pepper.* Bring to boiling. Remove from heat. Using a wooden spoon, vigorously beat in flour. Reduce heat and return saucepan to heat. Stir for 2 minutes. Transfer dough mixture to a large bowl. Add the 4 oz. blue cheese. Using a hand mixer, beat on high speed for 2 minutes. Add eggs, one at a time, beating on medium speed after each addition, until each egg is fully incorporated.
3. Spread dough evenly in prepared pan. Bake 10 minutes. Spread vegetable mixture over dough. Bake 40 minutes or until puffed and golden brown. Sprinkle remaining blue cheese over tart before serving. **MAKES 8 SERVINGS.**

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schoolhouse shock

The jump to middle school, high school, or college can have both parents and kids worried about making the grade. Do your homework to ensure an A+ transition.

by HOLLY ROBINSON photos KATHRYN GAMBLE produced by MARY-BETH ROUSE

It wasn't until Beth Harpaz saw her son's first high school report card—mostly C's and D's—that she knew he was struggling. "Taz always said things were going fine, but he clearly wasn't learning the material," she says. "About the only thing he was doing right was showing up for class."

For Harpaz, author of *13 Is the New 18: And Other Things My Children Taught Me While I Was Having a Nervous Breakdown Being Their Mother*, the solution offered at her first parent-teacher conference was almost worse: Taz's adviser announced that parents should always check their child's homework. "I was offended," Harpaz says. "This was high school. I didn't want to act like the police, and I didn't want my son doing something just because I was checking up on him."

One of the biggest dilemmas for parents of tweens and teens is how to help their child successfully navigate increasingly rigorous academic challenges and greater social demands—without nagging, coddling, or fighting. Experts agree that the toughest school transitions are from elementary to middle school, middle to high school, and high school to college. Here are strategies you can use to help your child become more independent and succeed during those crucial years.

MIDDLE SCHOOL

In middle school, recess is a thing of the past. Homework demands ramp up. Plus, she's expected to switch classes every hour—without forgetting her books. Whether your middle school starts in fifth, sixth, or seventh grade, you're probably worried that your child can't handle these new demands.

Fortunately, "Middle school is often a lot harder on parents than it is on students," says Eileen Vickers, middle level vice-president of the American Association of School

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Don't forget time management in your back-to-school prep. When we asked the moms on our online community, The Motherboard, what their kids' biggest concerns were when transitioning to a new school, we were surprised to learn that it was time. Specifically, they worried about having enough time to get to class and complete their workload. Kids—just like us!

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*Kris-Etherton, et al.; *Am J Clin Nutr* 2000;71(suppl):179S-88S.

"Middle school is often a lot harder on parents than it is on students."

EILEEN VICKERS, AMERICAN ASSOCIATION OF SCHOOL COUNSELORS

Counselors and a counselor at Newcastle Middle School in Wyoming. "Parents know what's out in the world, so they're anxious about middle school being scary and overwhelming. Kids just see it as a new adventure."

PLAN AHEAD

Your child will feel more positive about starting middle school if you tour the school together before classes start—and before any orientation days, which can be socially stressful. A private visit helps your child feel confident about finding her way to classes without panicking.

Another big issue for tweens is organization. Buy a weekly planner in August and teach your child how to use it. "If kids know how to plan their time, they do better in school, and that becomes a lifelong organizational skill," Vickers says.

ALLOW SOME DISTANCE

Once school starts, check in about homework and exams, but don't hover. A little failure can teach a child the consequences of not being prepared.

"Parents must man up, frankly," says New York psychologist Janet Weisberg, Ph.D. "I've seen parents who actually do their children's homework for them because they're so worried that their child will fail."

Children have to experience bumps in the road to develop resilience. Dr. Weisberg compares the situation to toddlers' bumps and scrapes while learning to walk. "Kids this age want to feel their own power and be independent, but they still want to know that their parents are there. Thirteen may be the new 18, but it's also the old 3."

CIRCLE BACK

At the same time, you don't want those

JESSICA HERMANN▶
Started middle school last year in Annapolis, Maryland

I miss elementary school, because I miss my old teachers and the work wasn't as hard. It's hard to find your way around on the first day of middle school, and you don't know half the people. Plus, the teachers seem a lot different. Some are nice, but some are mean. You have to be more independent, like doing your homework every night, studying for big tests, and keeping your things organized. You also have more classes, and when you're absent, the teachers don't let you slide. Parents should tell children not to worry about what the other kids say. Also, stay away from the trouble-making kids. Pick friends who are nice to you and have the same hobbies. I have friends who are funny and easy to get along with. They're also all animal lovers like me.

And for extra credit, some smart ideas

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bumps in the road to morph into mountains. If you spot an academic issue, make an appointment with your child's team of teachers and find out where your child needs help. Many schools post homework on their websites, and middle school teachers are often willing to communicate via e-mail. Have your child sit with you and review homework on the site every night until he feels comfortable doing that on his own.

Even then, there will be setbacks. Harpaz's younger son, now in middle school, recently had a meltdown when he didn't do homework over school vacation—despite his mom's reminders.

"I told him there was only one way to do this, and that was one thing at a time," Harpaz says. "He pulled out his math packet and started. He had to stay up until midnight, but he got everything done." Harpaz also told her son how proud she was. "He screwed up, but he pulled himself together. It was a good experience for him in the end because it showed him that he could handle this problem he'd created."

HIGH SCHOOL

By high school, your child may feel comfortable switching classes and handling homework on her own. However, it brings a slew of new challenges.

Academics become more important, since colleges require transcripts from freshman year on. After-school sports and activities become more competitive, and your child might not make the cut. Confidence can take a beating, and so can school performance.

HELP THEM HELP THEMSELVES

When problems develop, the best thing parents can do is steer teens toward resources rather than make decisions for them. Whether your child is choosing classes, friends, or activities, "You must respect their choices and let them work through their own problems as much as possible," says Chicago-based clinical psychologist Mark Goldstein, Ph.D.

For instance, a child who is floundering academically might not realize that there are tutorial services available or that teachers are open to offering extra help after school. Encourage her to seek assistance on her own—even if you take the first step and call the school to find out what's available.

If your child is having trouble finding friends, encourage him to mingle with different people by joining the film club, jazz band, or a community service club. If a social issue is gnawing at your child, call the guidance counselor and ask him to meet with you and your child.

CARE AND SHARE

Most important is your willingness to talk with your child openly about your own experiences and values. "Hearing what it was like for you in high school allows your children to share their feelings," Dr. Goldstein says.

With her son Taz, Harpaz says, "I asked myself, *What is the end game?*

Tips from 2010 state teachers of the year

Many parents just can't volunteer their time in schools anymore, but they can be effective teachers outside of school. Read to your kids. Show them how math and measuring can be done while refueling the car or cooking dinner. Ask your children what they think—and really listen to the answers.

JAE GOODWIN
Fifth-grade teacher at Charlotte A. Dunning School in Massachusetts

With the best of intentions, this generation is often overscheduled and over-entertained, but research shows that it's during downtime that the brain processes new learning. Children of all ages need unstructured time to learn and develop the skills they will need as adults.

SUSANNE F. MITKO
Seventh-grade social studies teacher at Bernard Campbell Middle School in Missouri

◀ CHRISTIAN SCHNEIDER
Started high school last year in Waynesville, Ohio

The social piece was hardest for me. The academics are difficult, but the behavior of other kids toward you can get your morale down and affect your grades even more. It's like a double whammy—getting hit academically and emotionally. My parents helped me. So did my guidance counselor. Also, by doing extracurricular activities like cross-country and Key Club, I got to meet new friends. They looked out for me the first year. Parents should let their kids know they're willing to get involved if the kid needs help. Kids might act like they don't want their parents talking to them or asking too many questions, but really we're thinking, *Thank goodness they're here for me.*

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I decided I want a child who can give and receive love, who can support himself financially, and have a productive life. The rest is just window dressing. That helped clarify our rules and values in the way we dealt with him."

COLLEGE

There are no more parent-teacher conferences or weekly family dinners once your child starts college; in fact, sometimes you don't even rate an e-mail. College is all about parents and children learning to loosen the ties—a process that can be hard on both.

It helps to remember that every college has support systems in place. At orientation, students typically sit down with advisers to choose classes. Students who live on campus have residential advisers to guide them through roommate squabbles. For academic assistance, most colleges offer tutorial centers, and there are counselors and medical professionals on campus. You can lead your child to these resources—but, after that, he needs to do the rest on his own.

Realize that at the start of freshman year, kids may experience homesickness, depression, and culture shock, but that's normal. "A lot of students who do well in high school may find they're just average once they start college," Dr. Weisberg explains. "Plus, now they're expected to do their own laundry or even cook their own meals. It can be a shock to some of them to have to take so much responsibility for themselves."

One of the biggest challenges facing new students is the college schedule, says Donna Swartwout, Ph.D., Associate Dean of Students at Merrimack College in North Andover, Massachusetts. "In high school, they're in class every day, but their college schedule might allow them entire afternoons or days that are free." Students might need parental encouragement to manage this free time wisely.

So it's smart to stay connected. Just not too connected. The instant contact of texting, Skype, and e-mail are not always a good thing, especially if a child calls in the middle of the night to say how overwhelmed or depressed he's feeling. That communication may do wonders for your child, but not for you.

"Parents get off the phone feeling worried after they've made their child feel better," says Dr. Swartwout. "One year, I had a mother call me repeatedly to say that her son had called her and sounded like death warmed over. I'd go find the student and then call the mother back to say he was sitting with six other people and looking completely happy."

Find the right balance. Set a weekly time for phone calls or e-mails, and try to give your child some breathing room. If the same problems arise again and again, let the residence life staff know that there's an issue. Most college counselors and administrators will want to talk to students directly rather than work through parents, "but we're always glad to help families and students connect with campus resources to help solve problems," Dr. Swartwout says.

"What parents need to remember is that school is preparation for real life," Dr. Weisberg adds. "The more you coach your child toward independence at every level in school, the better your child's preparation will be for the future."

◀ CHRIS PROVOST
Was a freshman last year at Merrimack College North Andover, Massachusetts
The transition was a lot smoother than I had anticipated. It was kind of a mental thing, where I needed to realize that I had to be able to do things on my own, like take charge of my own laundry and study habits, because my parents wouldn't be around. I'd definitely tell people to become active in the campus community. Putting yourself out there by joining clubs gives you a chance to get to know people. Oh, and money issues! That's been my toughest area. Parents need to caution their children to be careful with money, because it's easy to spend too much money socializing at college, and there are always expenses you don't expect. I learned that the hard way.

more tips from 2010's top teachers

I wish that parents would first ask how their child is learning before asking what grade they're receiving. Too often, we assume that a grade tells the story of a child's learning experience, when in fact it is more often an isolated indicator that halts, rather than initiates, an important conversation about teaching and learning.
SARAH BROWN WESSLING
English teacher at Johnston High School in Iowa

Encourage your children to join student-led service organizations such as Key Club. There's no better way to build self-esteem and confidence than by doing something good for someone else.
LEAH LECHLEITER-LUKE
Spanish teacher at Mauston High School in Wisconsin

It is my hope that students get into a productive homework routine, including 10 minutes a day on math. Just 10 minutes will make their facts automatic and will reduce fatigue and frustration when they need to complete more difficult problems.
DEBRA J. CALVINO
Math teacher at Valley Central High School in New York

HIS MATH HOMEWORK IS TWO DAYS LATE.
IT'S IN HIS BACKPACK, WHICH HE LEFT ON THE BUS.
AGAIN.
IT FEELS LIKE EVERYONE IS GIVING UP ON HIM.
I NEED A WAY TO HELP HIM, BUT ALL I HAVE IS TEARS.

— Laura, Kyle's mom

ADHD can be a lonely experience for both the child and the parent. But Laura is not alone. And neither are you. Learn why moms just like you have made the decision to talk to their child's doctor about CONCERTA®, a treatment with 9 years of proven safety and results in treating ADHD symptoms. It's also proven effective in treating ADHD symptoms in children who have ADHD with learning disabilities.
Come find answers, help and hope at CONCERTAHELP7.COM or text HOPE7 to 87415.

ONCE-DAILY
CONCERTA®
methylphenidate HCl
Extended-release tablets 18 mg, 27 mg, 36 mg, 54 mg
CII

CONCERTA® is a prescription product approved for the treatment of attention deficit hyperactivity disorder (ADHD) as part of a total treatment program that may include counseling or other therapies.

IMPORTANT SAFETY INFORMATION. Talk to your healthcare professional for a proper diagnosis and treatment of ADHD. Only a healthcare professional can decide whether medication is right for you or your child. CONCERTA® should not be taken by patients who have: allergies to methylphenidate or other ingredients in CONCERTA®; significant anxiety, tension, or agitation; glaucoma; tics, Tourette's syndrome, or family history of Tourette's syndrome; current or past use of monoamine oxidase inhibitor (MAOI); esophagus, stomach, or intestinal narrowing. Children under 6 years of age should not take CONCERTA®. Abuse of methylphenidate may lead to dependence. Tell your healthcare professional if you or your child has had problems with alcohol or drugs; has had any heart problems, heart defects, high blood pressure, or a family history of these problems; has had depression, abnormal thoughts or visions, bipolar disorder, or seizure. Contact your healthcare professional immediately if you or your child: develops abnormal thinking or hallucinations, abnormal or extreme moods and/or excessive activity; or if aggressive behavior or hostility develops or worsens while taking CONCERTA®. Your child's healthcare professional should check height and weight often and may interrupt CONCERTA® treatment if your child is not growing or gaining weight as expected. Stimulants may impair the ability of the patient to operate potentially hazardous machinery or vehicles. Caution should be used accordingly until you are reasonably certain that CONCERTA® does not adversely affect your ability to engage in such activities. The most common adverse reaction (>5%) reported in children and adolescents was upper abdominal pain. The most common adverse reactions (>10%) reported in adults were dry mouth, nausea, decreased appetite, headache, and insomnia.

Please see Medication Guide on adjacent page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

access2wellness™
For information on free or discounted prescription medications, visit access2wellness.com or call 866-317-2775.

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May 2010 60CON10082-BH

MEDICATION GUIDE
CONCERTA® (kon SER-ta)
(methylphenidate HCl) Extended-release Tablets C II

Read the Medication Guide that comes with CONCERTA® before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with CONCERTA®.

What is the most important information I should know about CONCERTA®?

The following have been reported with use of methylphenidate HCl and other stimulant medicines:

1. **Heart-related problems:**
   - **sudden death in patients who have heart problems or heart defects**
   - **stroke and heart attack in adults**
   - **increased blood pressure and heart rate**

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting CONCERTA®.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with CONCERTA®.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking CONCERTA®.

2. **Mental (Psychiatric) problems:**
   All Patients
   - **new or worse behavior and thought problems**
   - **new or worse bipolar illness**
   - **new or worse aggressive behavior or hostility**

   Children and Teenagers
   - **new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms**

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking CONCERTA®, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

CONCERTA® is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep CONCERTA® in a safe place to prevent misuse and abuse. Selling or giving away CONCERTA® may harm others, and is against the law.

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

What Is CONCERTA®?

CONCERTA® is a central nervous system stimulant prescription medicine. **It is used for the treatment of attention deficit and hyperactivity disorder (ADHD).** CONCERTA® may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

CONCERTA® should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

Who should not take CONCERTA®?

CONCERTA® should not be taken if you or your child:

- are very anxious, tense, or agitated
- have an eye problem called glaucoma
- have tics or Tourette's syndrome, or a family history of Tourette's syndrome. Tics are hard to control repeated movements or sounds.
- are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI.
- are allergic to anything in CONCERTA®. See the end of this Medication Guide for a complete list of ingredients.

CONCERTA® should not be used in children less than 6 years old because it has not been studied in this age group.

CONCERTA® may not be right for you or your child. Before starting CONCERTA® tell your or your child's doctor about all health conditions (or a family history of) including:

- heart problems, heart defects, or high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- tics or Tourette's syndrome
- seizures or have had an abnormal brain wave test (EEG)
- esophagus, stomach, or small or large intestine problems

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

Can CONCERTA® be taken with other medicines?

Tell your doctor about all of the medicines that you or your child take including prescription and nonprescription medicines, vitamins, and herbal supplements. CONCERTA® and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking CONCERTA®.

Your doctor will decide whether CONCERTA® can be taken with other medicines.

Especially tell your doctor if you or your child takes:

- anti-depression medicines including MAOIs
- seizure medicines
- blood thinner medicines
- blood pressure medicines
- cold or allergy medicines that contain decongestants

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking CONCERTA® without talking to your doctor first.

How should CONCERTA® be taken?

- **Take CONCERTA® exactly as prescribed.** Your doctor may adjust the dose until it is right for you or your child.
- **Do not chew, crush, or divide the tablets.** Swallow CONCERTA® tablets whole with water or other liquids. Tell your doctor if you or your child cannot swallow CONCERTA® whole. A different medicine may need to be prescribed.
- CONCERTA® can be taken with or without food.
- Take CONCERTA® once each day in the morning. CONCERTA® is an extended release tablet. It releases medication into your/your child's body throughout the day.
- The CONCERTA® tablet does not dissolve completely in the body after all the medicine has been released. You or your child may sometimes notice the empty tablet in a bowel movement. This is normal.
- From time to time, your doctor may stop CONCERTA® treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking CONCERTA®. Children should have their height and weight checked often while taking CONCERTA®. CONCERTA® treatment may be stopped if a problem is found during these check-ups.
- **If you or your child takes too much CONCERTA® or overdoses, call your doctor or poison control center right away, or get emergency treatment.**

What are possible side effects of CONCERTA®?

See **"What is the most important information I should know about CONCERTA®?"** for information on reported heart and mental problems.

Other serious side effects include:

- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision
- blockage of the esophagus, stomach, small or large intestine in patients who already have a narrowing in any of these organs

Common side effects include:

- decreased appetite
- dry mouth
- trouble sleeping
- dizziness
- stomach ache
- increased sweating
- headache
- nausea
- anxiety
- weight loss
- irritability

Stimulants may impair the ability of you or your child to operate potentially hazardous machinery or vehicles. You or your child should exercise caution until you/your child is reasonably certain that CONCERTA® does not adversely affect your/your child's ability to engage in such activities.

Talk to your doctor if you or your child has side effects that are bothersome or do not go away.

This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

You may also report side effects to McNeil Pediatrics at 1-888-440-7903.

How should I store CONCERTA®?

- Store CONCERTA® in a safe place at room temperature, 59 to 86° F (15 to 30° C). Protect from moisture.
- **Keep CONCERTA® and all medicines out of the reach of children.**

General information about CONCERTA®

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use CONCERTA® for a condition for which it was not prescribed. Do not give CONCERTA® to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about CONCERTA®. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about CONCERTA® that was written for healthcare professionals. For more information about CONCERTA® call 1-888-440-7903.

What are the ingredients in CONCERTA®?

Active Ingredient: methylphenidate HCl
Inactive Ingredients: butylated hydroxytoluene, carnuba wax, cellulose acetate, hypromellose, lactose, phosphoric acid, poloxamer, polyethylene glycol, polyethylene oxides, povidone, propylene glycol, sodium chloride, stearic acid, succinic acid, synthetic iron oxides, titanium dioxide, and triacetin.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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McNeil Pediatrics
Division of Ortho-McNeil-Janssen Pharmaceuticals, Inc.
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gadget whiz

It's a wired, wired world. So reach beyond the calculator as your middle schooler, high schooler, or college student heads back to class. Connect them with fresh and functional techno gear.

by KELLY L. PHILLIPS

1

PRETTY PROTECTIVE

Safeguard that iPhone investment—and your student's health—with the iSkin Solo FX SE. Its hard cover and mirror-screen film shield it against dust, scratches, and dents—and a coating of antimicrobial protection earns it an A+; $35; iskin.com

3

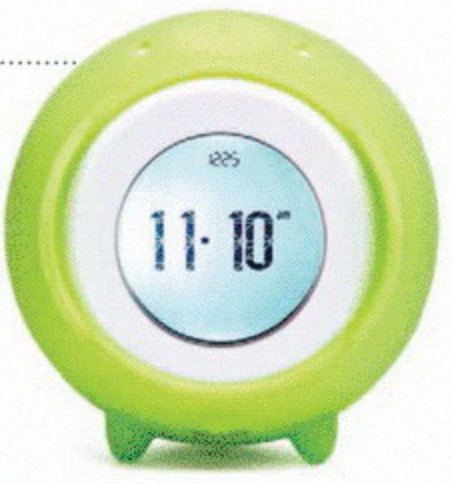
INFORMATION STATION

Even if the dog *did* eat his homework, it's no sweat when every printed page is backed up on a super-portable data-storing USB flash drive. Snag several for your student to keep on hand, in bright shades and patterns that are tough to lose; from $10; staples.com

2

ROCK 'N' ROLL AWAY

Late for class? Not on Tocky's watch. Slap the snooze, and this alarm clock leaps off its perch and rolls around, blasting MP3s or a prerecorded message—forcing your student to throw off the covers and shut it off; Tocky, $79; nandahome.com



4

TEST PATTERN

There's something so prep-school chic about this plaid laptop—an excellent starter computer for middle schoolers on up. (PS: For this model, a love of pink is a requirement. Even the keyboard is rose-colored!) HP Mini 210 HD Edition in Preppy Pink, from $330; shopping.hp.com

5

WE'RE ALL EARS

College students living with a roommate for the first time, or attempting to study in a noisy spot, will appreciate the full-ear coverage and high-sound quality of Urbanears headphones—and the fashion-forward colors don't hurt, either; $60; urbanears.com

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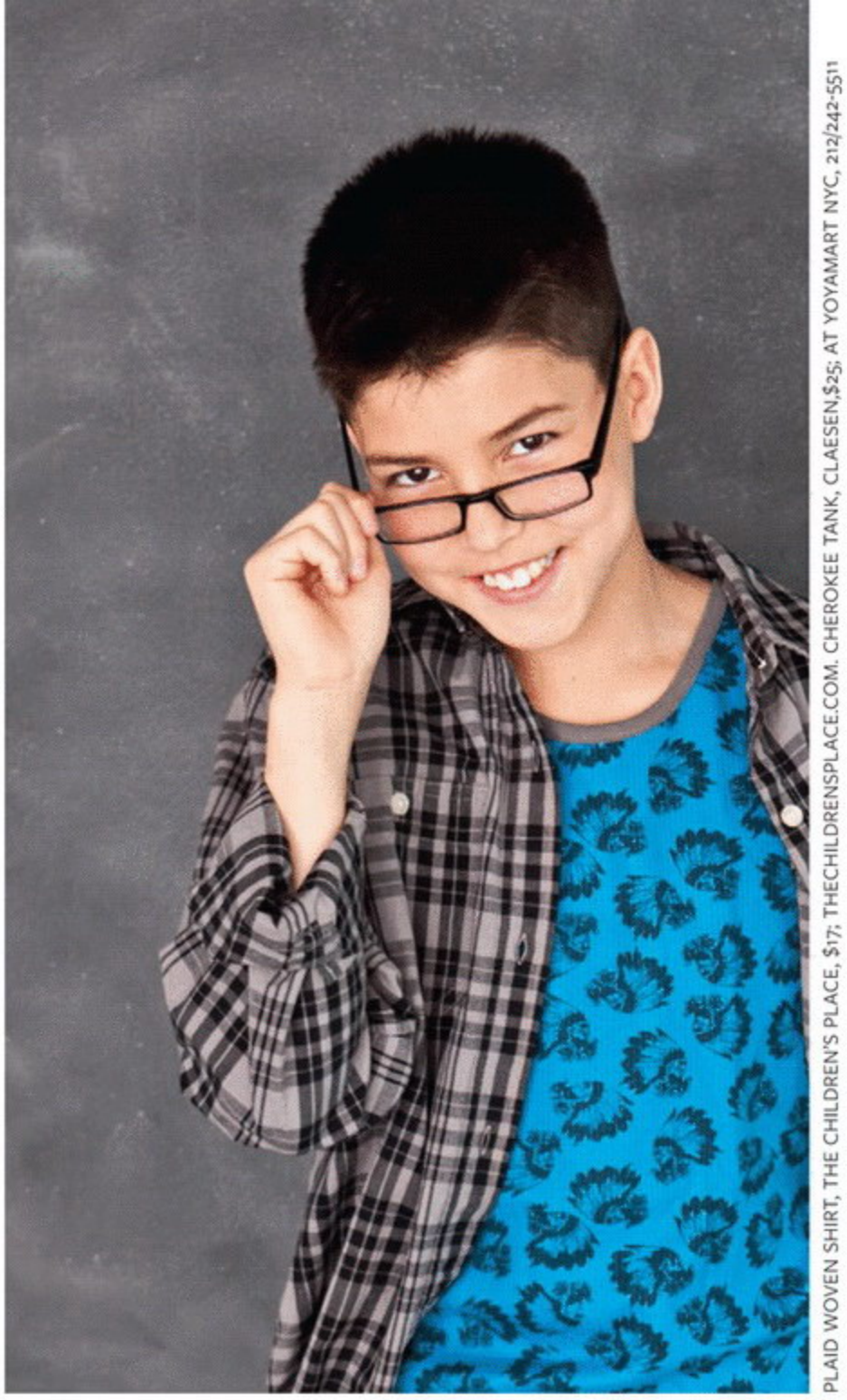
Change the way your kids see water.

NEW **Kool-Aid Fun Fizz drink drops** make water so fun, your kids will ask for more. Plus, it's just 5 calories.

clothes calls

Negotiate your tween's budding fashion sense with style.

by MAUREEN SHELLY photos KATHRYN GAMBLE
produced by MARY-BETH ROUSE styled by JEN MCDONALD



PLAID WOVEN SHIRT, THE CHILDREN'S PLACE, $17; THECHILDRENSPLACE.COM. CHEROKEE TANK, CLAESEN,$25; AT YOYAMART NYC, 212/242-5511

It seems like only yesterday your little one mastered the art of matching those cute little bear tags on the Garanimals. This morning, the kid shows up for breakfast wearing jeans that look like they were *shredded* by a bear. A grizzly, perhaps.

Put down your mug of French roast and repeat this mantra: This is normal. And it will pass.

Confrontations over what to wear are nearly universal, even with children as young as 9. Preteens experiment with style to try on different identities, create a comfort zone, bond with peers, and, yes, distance themselves from their family's influence. So it's important to figure out what your wardrobe nonnegotiables are (no rips, no cleavage) before exclaiming in horrified disbelief, "You're wearing that!?!"

Laura Kastner, an associate professor of psychiatry at the University of Washington and coauthor of *Getting to Calm: Cool-Headed Strategies for Parenting Tweens and Teens,* advises parents to get a sense of the trends and try to accommodate their tween's preferences within their parameters. "You can determine the norms by observing what's worn at school and talking to other parents," says Kastner, a veteran mom with two kids in college. "I'm leaving out media because children are becoming sexualized far too soon there," she adds.

But don't get too worried about that. When we polled The Motherboard, our online community of moms, we found that the biggest complaint was repetitive rather than inappropriate outfits. Every day it's the same thing, Michigan mom Ellen Beeman told us: sweatshirt, jeans, sneakers.

"Kids get comfortable in a uniform," explains stylist Zoey Washington of LITTLEbird Style, who specializes in tween fashions. She advises trying to find variety within kids' comfort zones. Colored jeans, say, or dressier sneakers. (Turn to *page 235* to see her solutions to some real-life parent-child clothing conflicts.)

And then there's money to consider. In researching *Getting to Calm*, Kastner discovered that the average teen doles out the bulk of his or her spending money on clothes, electronics, and sports gear. Kastner suggests that Mom and Dad cover athletic equipment, shoes, and special-occasion outfits. After that, "a tween should get by with $50 to $100 a month" for everything else.

Families unaccustomed to budgeting should beware of overindulging their brood with stylish clothes and expensive brands. "Kids like stuff, and parents like to make their kids happy," Kastner says. "Saying 'no' to ourselves and our kids requires discipline." Parents need to appreciate that it's important to incur disappointment now and then in our children for later benefit: to teach them delayed gratification and to help them learn the value of earning one's goodies.

themotherboard™
a million women strong

We asked our online community of moms, The Motherboard, for advice on parent-child clothing conflicts. Our favorite tip: "Let them be who they are within boundaries. Just because I don't like a style, there may not be anything 'wrong' with it. It's important to have trust where it is earned, and, by the same token, hold the child accountable when it's necessary."

With school outfits starting at $11.50, quality and value run together.

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LESS SUGAR

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SWEET

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*Contains 25% less sugar than 55 to 75 of the top 100 toaster pastries (IRI US FDMx Unit Sales 12wk w/e 11/1/09) Kellogg's® Pop-Tarts® Ice Cream Shoppe™ Toaster Pastries contain 11g to 12g sugar/48g serving compared to 16g to 21g sugar/50 to 54g serving in other toaster pastries.

We asked real-life moms and kids to tell us their clothing conflicts, then had youth stylist Zoey Washington offer solutions that satisfy both.

ELLEN AND DAUGHTER ANNE, 11, LIVE IN SOUTHFIELD, MICHIGAN

ELLEN: "Anne wears the same outfit every day: jeans, a graphic T-shirt, and black zip-up sweatshirt. While many of the kids in her school dress similarly, I have a problem with her falling into such narrow options, especially when we attend events where these clothes are not appropriate."

ANNE: "My favorite outfit is my red checker pants, black vampire shirt, and puffy skateboarding shoes. It's cool and comfortable. I'm so used to wearing jeans, a sweatshirt, and a T-shirt now that putting on a skirt is weird, and way too girlie."

BAND OF GLORY

"Even a traditionally 'girlie' headband gains some attitude from metal studs," says Washington. Pink headband, The Children's Place, $4; thechildrensplace.com. Bead necklace, Arizona by JCPenney, $9; at JCPenney stores

RIPE FOR STRIPES

"To complement a tween's array of graphic tees, introduce texture and stripes in some new pieces." Wool peacoat, Old Navy, $50; at Old Navy stores. Striped top, BB Dakota, $60; southmoonunder.com. Gray top, H&M, $10; hm.com for locations

BUCKLE UP

"Even if your child refuses to wear anything but T-shirts, a belt will keep her looking put-together." Pink skinny belt, Mixit by JCPenney, $16; at JCPenney stores

IN BLOOM

"If skirts don't interest your daughter, add leggings or 'jeggings' (jean leggings) to her wardrobe. With a nice top, they can even go dressy." White floral leggings, H&M, $13; hm.com for locations

SLIP 'N' SLIDE

"Instead of skater shoes, try similar slip-ons. They're inexpensive enough that you can get an array of colors that appeal to you both." Slip-on flats, H&M, $13; hm.com for locations

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CATE AND SON JAY, 10, LIVE IN WINDHAM, NEW HAMPSHIRE

CATE: "Jay is in a skater phase, so a T-shirt layered under a casual button-front shirt, or a polo with tattoo printing, is the current compromise to 'look nice.' I personally draw the line at skulls. I used to buy my kids clothes before they grew into them, catching them on sale and just hanging them in the closet. Then suddenly the 'must-have' tees weren't cool."

JAY: "My favorite outfit is jeans with a T-shirt and skater shirt layered, black low-top socks, and my black suede shoes. I like black or dark stuff best. My dad wears khaki pants and dress shoes—kind of like a suit-and-tie-ish look. But that look just doesn't roll with my style!"

VESTED INTERESTS

"Your kid loves the skull trend, but you hate it? Find a compromise. Look for a more abstract incarnation, or allow it on one item only, and meet in the middle." Puffer vest, Old Navy, $30; at Old Navy stores

LIVING COLOR

"If black is your child's color of choice, don't fight it. Allow one black item as a 'security' item (like jeans or a tee), then ask him to add an item of your choosing." Plaid button-down, Arizona by JCPenney, $12; at JCPenney stores

DO THE MATH

"Consider allowing your child to purchase trend-driven items with his money. This way, he'll learn the true cost of those designer jeans." Classic-fit jeans, $17, The Children's Place; thechildrensplace.com

SHOE-IN

"Sneakers are often a part of a child's uniform. To change it up without an argument, try a dressier pair." Jazz sneakers, Saucony, $30; shoes.com

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SNEEZE SHIELD

Kleenex

Catch a sneeze in its tracks.

Only Kleenex® Brand has Sneeze Shield in all of their tissues to help keep stuff off kids' hands. So they can pass on the fun of learning. Sneeze Shield your classroom.

snack attack

Dr. Melina Jampolis offers up more-nutritious nibbles to satisfy picky tween and teen eaters.

Even the most optimistic mom admits it: Those carefully cut and bagged carrot sticks? Yep, they're way more likely to end up as weapons in a food fight than as part of a nutritious lunch. So now's the time for a taste-versus-health détente. For help, we went to Dr. Melina Jampolis, a member of *Better Homes and Gardens*' Heath Advisory Panel. Here, the physician, nutritionist, and committed snacker dishes out her list of go-to munchies for the hard-to-please tween and teen.

PRETZELS "I really like **Pretzelcrisps,** which come in fun flavors and have no saturated fat, no trans fats, and no cholesterol. The only downside is they're a bit high in sodium." *$2.49 at Walmart and other chains; pretzelcrisps.com*

CANDY "**Bissinger**'s Gummy Pandas include healthful ingredients such as grapefruit and blueberry-acai. Plus, they're made with organic syrup and sugar instead of high-fructose corn syrup, and they have real fruit extract so you get natural vitamin C and antioxidants." *$14 for a 1 lb. bag at bissingers.com*

CHIPS "Kids love **Popchips,** which have half the fat of regular potato chips, come in tween-friendly flavors, and are popped—not baked—for great taste." *$2.99 at Target, Safeway, other chains; popchips.com*

TORTILLA CHIPS "**Riceworks Snack Crisps** have the texture and taste of tortilla chips, but they're made of healthful brown rice." *$2.50 at major chains; riceworkssnacks.com*

SWEETS "**Newman's Own Organics** are healthier than most treats, and there's a great variety." (*Above*) *Fig Newmans, $3.69; Newman-Os, $2.79;* (*below*) *Chocolate Cups, $1.69; at Whole Foods, amazon.com, and other chains; newmansownorganics.com*

SNACK BARS "**Kashi** bars taste great, contain no artificial flavors, and are made with whole grains." (*Below left*) *$3.89 at supermarkets nationwide; kashi.com*

TRAIL MIX "**Trader Joe**'s PB&A (peanut butter, berries, and almonds) trail mix is awesome!" (*Below middle*) *$4.69; traderjoes.com*

PHOTO: KATHRYN GAMBLE

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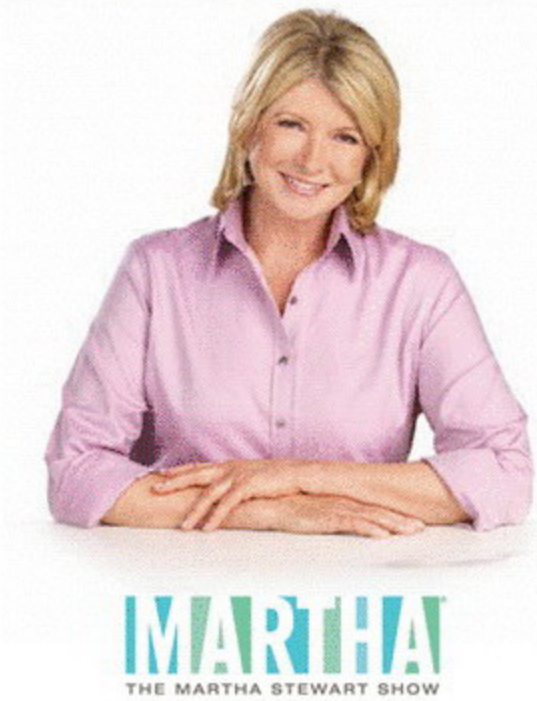

MARTHA
THE MARTHA STEWART SHOW

MAKE THE MOVE WITH MARTHA!

The Martha Stewart Show is moving to Hallmark Channel on September 13th. Enter for a chance to win tickets to a live taping of the show in New York City. Airfare and hotel accommodations included.* Enter the "Make the Move with Martha Sweepstakes" at **hallmarkchannel.com** or by mail from 9/1 – 9/18/10.

No purchase necessary to enter or win. Open to legal residents of the 50 U.S. & D.C., 18 or older. Void in Puerto Rico & where prohibited. Begins 9/1/10 12:01 EST A.M., ends 9/18/10 11:59 EST P.M. *Subject to Official Rules, available at hallmarkchannel.com. Sponsor: Hallmark Channel

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See official rules on page 255.

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EdibleArrangements.com

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mind-set makeover

The first step toward changing your body is changing your mind.

by LINDA MELONE

How many Monday mornings have you started a new workout routine, only to find yourself hitting the snooze button by Friday? If the answer is "too many," we're right there with you, along with millions of others. The truth is, the only thing tougher than starting an exercise program is sticking with it. Fact: Most new exercisers quit within three to six months, according to the American College of Sports Medicine.

One reason so many people drop out is they're trying to do too much before they're psychologically prepared, says Shane Murphy, Ph.D., associate professor of psychology at Western Connecticut State University and author of *The Sports Psychology Handbook* (Human Kinetics, 2005). What people don't realize is that getting into healthful habits involves more than going for a run tonight or popping in an exercise DVD before work in the morning. According to Murphy, deciding to make a change in your life starts a multistage psychological chain of events. "It's hard to jump from an early stage of change to a later stage before you're ready," Murphy says.

And even if you are ready, progressing is still a challenge. Expect to bounce back and forth between the stages, says Elizabeth Lombardo, Ph.D., psychologist and author of *A Happy You: Your Ultimate Prescription for Happiness* (Morgan-James, 2009). "A 'relapse' back to an earlier stage doesn't mean you failed," Lombardo says. "It's simply data to help you figure out what you *can* do to succeed." Before making a change, here's how to overcome the most common mental roadblocks.

stage 1 ON YOUR MARK

The idea of making a change is just occurring to you. Maybe you've gained weight through the years but haven't yet decided to do something about it.

Mind-Set Hurdle: You find it hard to get started due to all-or-nothing thinking. You've tried exercising in the past but couldn't stick with it. You think, *Why bother when I'm just going to fail again?*

Mind-Set Makeover Strategy: Surround yourself with supportive friends and family. Gather information about ways to get started. Research local clubs, gyms, and sports of interest to you. Write out the pros and cons of altering your lifestyle to realize the importance of making a change.

stage 2 GET READY

Now you're considering a new fitness goal. You've gone from thinking *I could never do that* to *Maybe I can.*

"A 'relapse' back to an earlier stage doesn't mean you failed."

ELIZABETH LOMBARDO, author of *A Happy You*

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Hurdle: You want to start but make excuses. Maybe you tell yourself you would exercise if only you had the time. The spirit is willing; it's the schedule that's weak!

Makeover Strategy: Start small by planning short, 10-minute exercise goals. Look for a motivated friend or join a local team with other players at your level. "Maybe exercising in the gym doesn't excite you, but walking with a friend or playing tennis outdoors sounds like fun," says Lombardo. Most people watch an average of five hours of TV a night. Think of short, achievable activities you can do for part of that time instead of sitting on the couch.

stage 3 GET SET

You've figured out what might work for you and are almost ready to start. This stage is all about preparation.

Hurdle: You want to start but keep procrastinating. Obstacles such as child care or a lack of workout clothes become excuses.

Makeover Strategy: Plan ways to overcome potential issues, Lombardo says. Find a class that's nearby to lessen travel time. Join a gym that offers babysitting, or buy a jog stroller and involve your child. Buy new exercise shoes or an outfit for motivation. If your schedule is tight, get some videos that you can do at home.

stage 4 GO

You've been exercising steadily for three to six months. At this point, you're at the greatest risk of relapse because your routine hasn't become a permanent lifestyle change.

Hurdle: "Taking real action makes this the hardest stage," Murphy says. A change in your schedule, such as an illness or new business project can make it easy to backslide. You may think, *What's the use? I just wasted all this money on joining a gym.*

Makeover Strategy: Don't beat yourself up if you miss a day or two. Be proud of what you've already accomplished. Be prepared for relapses; accept them and move on. Realize you're making a lifelong commitment. Start a diary of your progress. "Make sure your environment makes it easy for you to stick with your plan," Murphy says. Surround yourself with supportive people. Reward yourself.

stage 5 WIN!

The novelty of the new program may have lost its bloom, but you continue to exercise on a regular basis and have been doing so for six months. You've successfully made a change, and now you're moving on to maintenance.

Hurdle: You could get bored with your routine. Results reach a plateau, making motivation difficult.

Makeover Strategy: Add variety and challenges to avoid relapses, Murphy says. "Change an aspect of your program or try something different—take a Zumba class or new yoga class." Remember that regular exercise exceeds the short-term benefits: Continue to prioritize exercise and keep in mind why you're doing it, Lombardo says. "It's not just about weight loss. Exercise is as effective as an antidepressant." If you relapse, ask yourself what happened and plan what you can do the next time the same situation occurs. Revisit your original list of pros and cons periodically to realize how far you've come.

"Make sure your environment makes it easy for you to stick with your plan."

SHANE MURPHY, author of *The Sports Psychology Handbook*

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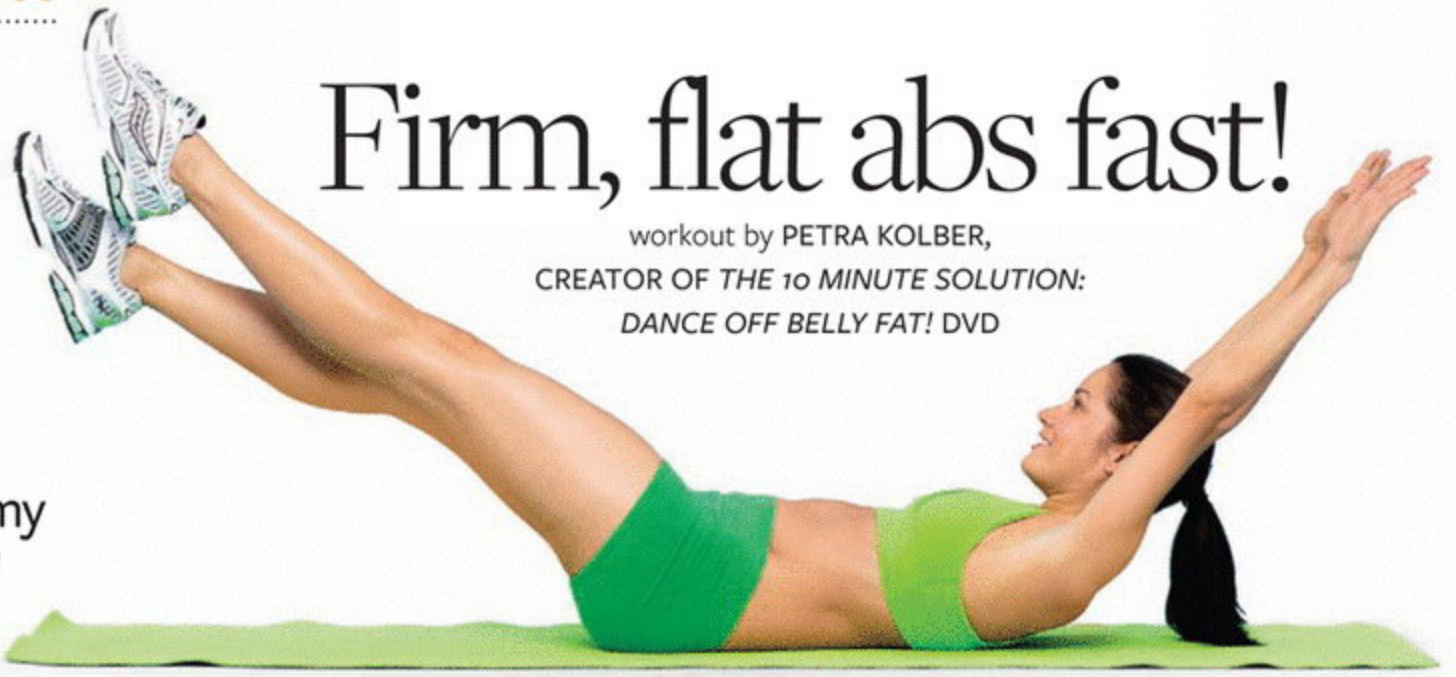


Tone up your tummy with this 10-minute Fitness Express workout from the experts at our sister publication *Fitness* magazine.

What You'll Need: a mat

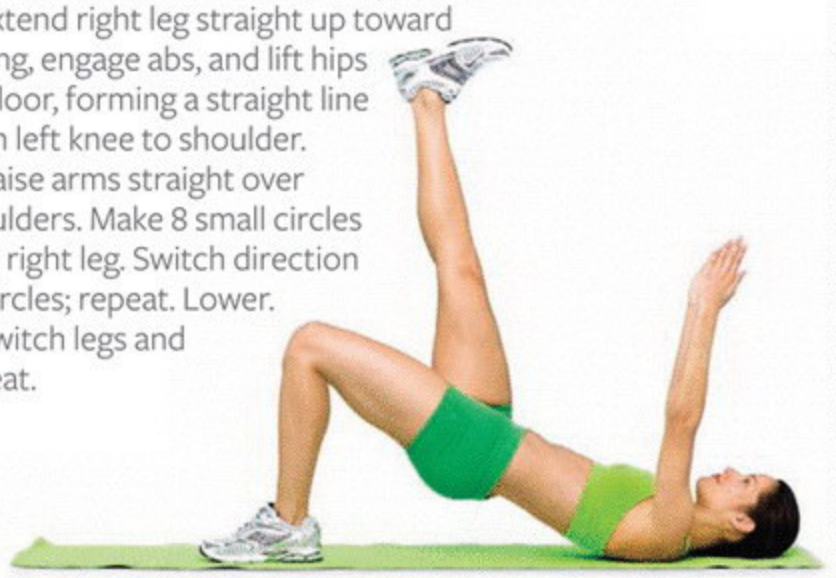
1 Crunch Beat **Targets abs, legs**

► Lie faceup on mat with knees bent 90 degrees, legs lifted, calves parallel to floor.
► Place hands behind head, elbows out, and crunch up, lifting shoulders off mat.
► Extend legs diagonally up, cross ankles, and extend arms overhead. Holding this position, switch feet over and under each other 8 times. Return to start.
► Do 8 reps.

2 Single Bridge

Targets abs, obliques, hips, butt

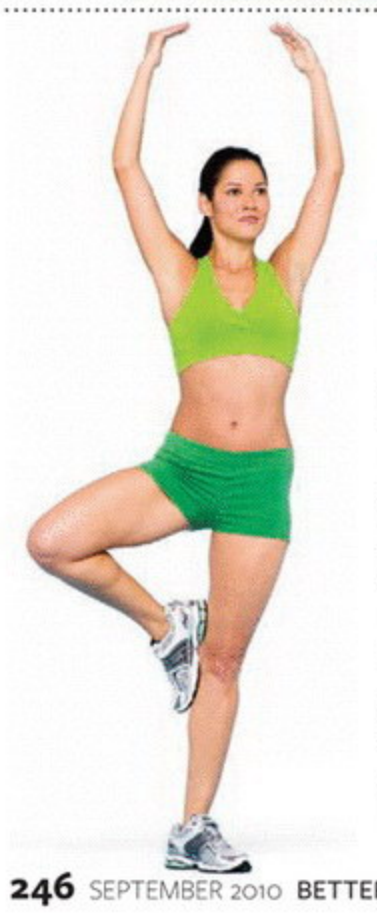
► Lie faceup on mat with knees bent, feet hip-width apart on floor, arms by sides.
► Extend right leg straight up toward ceiling, engage abs, and lift hips off floor, forming a straight line from left knee to shoulder.
► Raise arms straight over shoulders. Make 8 small circles with right leg. Switch direction of circles; repeat. Lower.
► Switch legs and repeat.



3 Victory Lunge

Targets back, arms, abs, legs

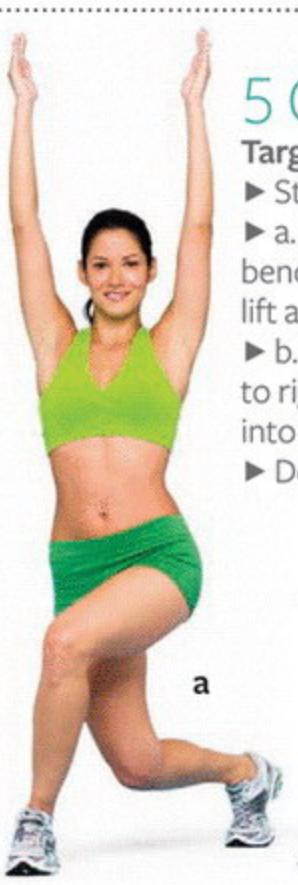
► Stand with feet hip-width apart, arms overhead, palms in.
► a. Lunge forward with left leg, knee bent 90 degrees, keeping right leg straight and leaning forward slightly from hips as you lower arms behind you.
► b. Push off left foot to stand upright, then extend left leg in front of you and lift arms overhead. Return to lunge.
► Do 15 reps; switch legs and repeat.



4 Plié Pose

Targets back, arms, abs, butt, legs

► Stand with legs more than shoulder-width apart, feet turned out 45 degrees.
► Squat, keeping knees above ankles, as you bring both hands below waist in front of you, elbows slightly bent, palms up.
► Push up, straightening left leg, lifting right foot to place it on inside of left thigh, and sweep arms overhead (elbows slightly bent, palms in). Return to squat.
► Do 15 reps; switch legs and repeat.



5 Curtsy Lift

Targets shoulders, back, abs, obliques, hips, legs

► Stand with feet hip-width apart.
► a. Step right leg behind and to left of left leg, bending both knees 90 degrees (to curtsy) as you lift arms overhead, palms in.
► b. Straighten left leg as you sweep right leg out to right and lower arms to shoulder level. Lower into curtsy (step a).
► Do 12 reps; switch legs and repeat.

KAREN PEARSON. HAIR: BERNADINE BIBIANO FOR ARTMIX BEAUTY. MAKEUP: EMILY KATE WARREN USING M.A.C COSMETICS. COUTURE ACTIVEWEAR BY JANIS SAFFELL SPORTS BRA. LIJA SHORTS. SAUCONY SHOES.

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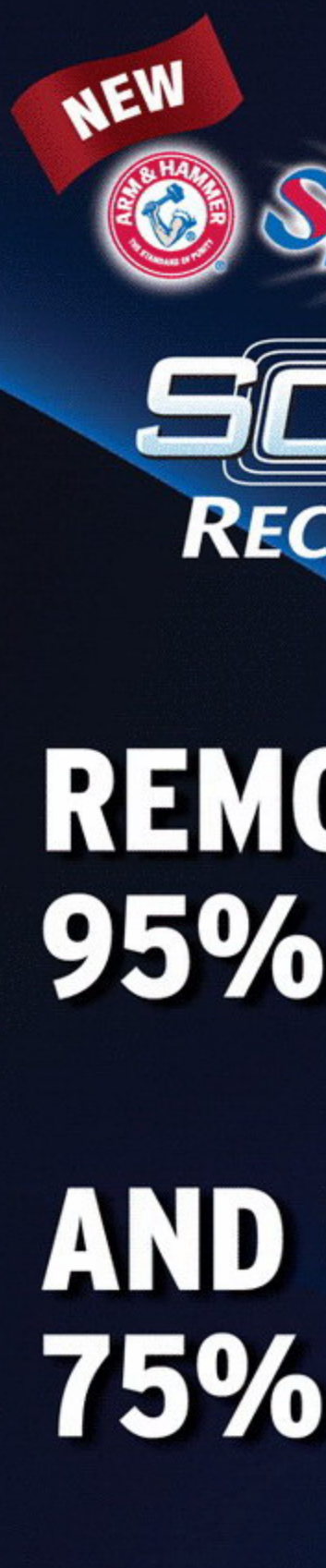

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health news

THE INFORMATION YOU NEED TO STAY WELL

by SARA ALTSHUL

orange aid

So you grab a fast-food breakfast with the works every now and then. Don't beat yourself up about it—just be sure to order an orange juice chaser. According to researchers at the State University of Buffalo, the juice can decrease the meal's harmful effects. When you eat a fatty fast-food-style meal, it causes your levels of free radicals to rise sharply. These harmful molecules ricochet through your body, damaging cells and setting the stage for heart problems, diabetes, cancer, and other diseases. The Buffalo study looked at healthy people who ate a 900-calorie, high-fat breakfast with water, sugar water, or orange juice. The plain and sugar water group experienced free-radical increases of up to 63 percent, but those who drank OJ saw increases of just 47 percent. Moreover, the harmful blood components known as toll-like receptors (TLRs) rose in all groups but the OJ drinkers. TLRs are thought to play a role in heart disease, obesity, and insulin resistance. Still, OJ is no anti-fat elixir. While it can help limit the unhealthy effects of one fat-laden meal, don't make the drive-through a habit.

66%

The extent to which volunteers overestimated the width of their hands in a University College London study. Researchers say this distortion of personal size, rooted in the brain, may apply to other body parts.

No more sick days!

Classroom germs have real consequences for kids. Earlier this year, a research team from the University of Arizona in Tucson evaluated six elementary school classrooms; half had surfaces swabbed daily with a disinfectant, half didn't. Kids assigned to the unsanitized classrooms were 2.3 times more likely to miss school due to illness—and were absent longer—than students who sat in squeaky-clean rooms. Fortunately, a few simple tools can reduce your child's risk.

MECHANICAL PENCILS Hand-cranked pencil sharpeners are often used but rarely cleaned, making them a top source of infectious microbes, says the UA team. Stock up on "clicky" pencils.

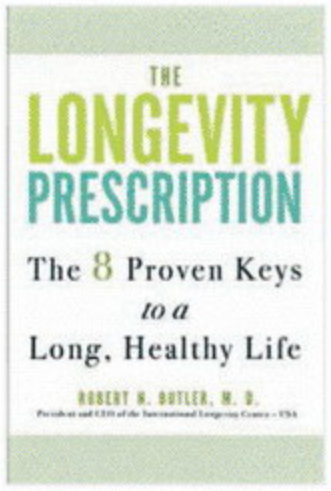
CLIP-ON CLEANER Alcohol-based hand sanitizer is an effective fallback if kids can't leave class to wash up. But they'll never use it if it's at the bottom of their backpacks. Use a bottle clip (like Purell Retractable Clips, $10 for 3, at amazon.com) or a ribbon to attach it to the outside of your child's bag.

EXACT LUNCH MONEY Studies show that the flu virus (among other pathogens) can survive at least an hour on bills and coins. Insulate your child from "cash flow cooties" with exact change for lunch.

KO the OT

Although regularly putting in two or three hours more than an average eight-hour workday fattens your bank account, you might not get to spend all that dough, say Finnish researchers. The research team, from the Finnish Institute of Occupational Health, studied 6,000 middle-aged British office workers for 11 years and discovered that people who consistently work longer hours have a whopping 60 percent greater chance of having a heart attack or heart disease than do folks who are out the door by 5.

PHOTOS: (ORANGE JUICE AND CHILD IN BED) VEER



live long and prosper

In his new book, National Institute on Aging founder Robert N. Butler, M.D., shares his expert advice on how to live a long, healthy life. In *The Longevity Prescription* (Penguin, $26), the Pulitzer Prize-winning author notes the benefits of sleeping better, shelving stress, being active, and eating healthier. He also offers simple, do-able advice about implementing each "prescription." Our favorite? Adding a vase of flowers to your workspace. He says studies show that the blooms can help you relax and can even boost your performance.

Not milk's cup of tea

Tea is loaded with antioxidants, lowering heart disease, stroke, and cancer risk. Just be mindful of your mixer. Lemon or lime boosts tea's antioxidant power, while milk reduces it, say researchers from England's Oxford Brookes University. In their study, skim milk decreased tea's antioxidants by up to 25 percent, whole milk by 7 percent.

BEAT THE BULLY

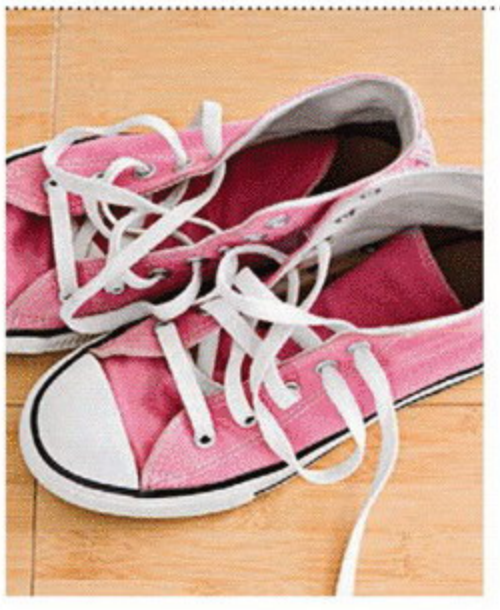
Bullies are scary—to parents, as well as kids—but there are effective ways to protect your child at school. Susan Swearer, Ph.D., a school psychology professor at the University of Nebraska, Lincoln, and co-director of the university's Bullying Research Network, offers this advice:

LEARN TO LISTEN Kids who feel they can tell their parents everything are more likely to open up about bullying.

NURTURE TALENTS Kids engaged in extracurricular activities build strong support networks of friends and mentors who can help with bullying.

WATCH FOR SILENT SYMPTOMS Headaches, stomachaches, unexplained illnesses, reluctance or refusal to attend school, or an unexplained drop in grades are all warning signs.

TAKE ACTION If your child is being bullied, urge him to tell you the details. Take notes to document the abuse; meet with school authorities. Then, work with the school to develop an action plan. Follow up frequently.



knee-jerk reaction

Which shoes would you bet on to ease painful knee arthritis—expensive walking shoes or your no-name tennies? Score one for counterintuitive responders: the cheap sneaks! Researchers from Rush University Medical Center in Chicago tested 31 people with arthritis in their knee by having them wear one of four different shoes: clogs, "stability shoes," sneakers with flexible soles, or flip-flops. To the researchers' surprise, the clogs and stability shoes actually increased stress on the knee, while the flip-flops and sneakers reduced it. The lesson: Soles of shoes should be flexible and fairly low to the ground to reduce stress on the knees (flip-flops offer scant support and are a falling hazard).

PHOTOS: (CUP OF TEA AND TENNIS SHOES) VEER; (YOUNG GIRLS) JUPITER IMAGES

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Two A Day

A daily calcium and multivitamin supplement may slash breast cancer risk, says Jaime Matta, Ph.D., professor at the Ponce School of Medicine in Puerto Rico. In his study, he compared 268 women with breast cancer to 457 healthy women. He found that taking calcium supplements long-term reduced breast cancer risk by 40 percent, multivitamins by 30 percent. The supplements enhance the body's ability to repair DNA and head off cancer-causing mutations, Matta says.

QUICK TIP:

Red yeast rice supplements can lower LDL (bad) cholesterol levels up to 21 percent, according to a study in the American Journal of Cardiology. That's good news for many people who can't take statin drugs due to muscle pain or other side effects. What's more, people who took RYR lowered total cholesterol 15 percent. A good brand to try: Cholestene, widely available at drug stores for about $15, but check with your doctor before making any changes.

safe plastics

Q: I sometimes reuse plastic bags (from cracker or cereal boxes) to store food that needs to be warmed later. Are these plastics safe for reheating in the microwave? How can I tell which plastics are safe?

A: To know how safe a plastic is, first you need to know what kind of plastic it is. Cereal box liners are High Density Polyethylene (HDPE), which is fine for food storage. However, we recommend against heating food in HDPE or any other type of plastic. Plastics are typically labeled 1 through 7. Although this is for recycling purposes, it can help you figure out what type of plastic it is (HDPE is 2). Those labeled 1, 2, 4, and 5 are safer; 3, 6, and 7 less safe. These less safe plastics can contain BisPhenol A (recently tied to endocrine disruptions), or phthalates (which is not recommended for children). One of the best handouts is from the Pediatric Environmental Health Specialty Units (*aoec.org/PEHSU/documents/bpa_patient_july_8_08.pdf*), which reviews all the different types of plastics.

MEGAN T. SANDEL, M.D.

A nationally recognized expert on healthy housing and teen health, Dr. Sandel has been a practicing pediatrician at Boston Medical Center and Children's Medical Center, Boston, for more than 10 years.

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PHOTO: (VITAMINS) VEER

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Sure, reusable grocery bags are durable and eco-friendly. The downside is that many harbor nasty microbes capable of cross-contaminating newly purchased foods. In a study funded by the American Chemistry Council, researchers intercepted shoppers as they entered supermarkets, collecting 84 empty reusable bags (most made from woven polypropylene). Nearly all bags were found to have some level of bacterial growth, with 12 percent testing positive for *E. coli*. The good news: Washing tainted bags with laundry detergent, then allowing them to air-dry, reduced bacteria counts to nondetectable levels. Another smart move: Dedicate separate bags to raw meat and produce, just as you do with cutting boards in the kitchen.

11 Number of states that do not require middle school students to receive a booster immunization against pertussis (whooping cough), a highly contagious respiratory infection that has been growing more common among adolescents in recent years. The American Academy of Pediatrics recommends that most children get a booster (called the Tdap) between the ages of 11 and 12.

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money news

TIMELY TIPS FOR MEETING YOUR BUDGET

selling out

Realtors say today's top-value home improvement project is a front-door upgrade. Return on investment: up to 130 percent. Siding, roofing, landscaping, and other curb-appeal improvements also rank high in getting a home sold faster. Inside, carpeting and paint should be fresh. "Take away those pain points for the buyer," says Julie Reynolds, senior director at Realtor.com, "and remember that Web appeal is the new curb appeal." Nine out of 10 buyers search online and spend 12 weeks looking. They look at 12–16 homes in person.

91%

KIDS SHOW SOME CENTS

Your kitchen-table chats and teachable moments about money are paying off, according to a recent American Express survey of parents with kids between 6 and 16. Seven in 10 parents say their children understand that we are in a recession. Parents also reported hearing kids say, "Maybe we shouldn't buy that" more often. Ninety-one percent of parents say they're committed to teaching their kids about debt, saving, and spending, and that one of the best tools for teaching the value of a dollar is the old-fashioned allowance. Six out of 10 parents give kids in this age range a weekly allowance—$12 is the average amount.

SCHOOLED IN HOME BUYING

When looking to buy a house, most families put a stellar school district at the top of their list of non-negotiables. But be careful, says Yahoo! personal finance expert Laura Rowley. People pay more to live in high-ranked school districts, although the better value may actually be a less-expensive house in a lesser-ranked district. For one, ranking alone does not determine school quality. "When you compare schools, look at what different courses and enrichment are," she advises, "not just test scores." And she notes recent research showing that the difference between the best and next-best schools is negligible. Finally, remember that situations change. "Even if you do buy in the best district," she says, "your kids may not end up there." She cites recent cases in which so many parents flocked to particular districts, "there's now overcrowding—and rezoning." Ultimately, she says, factoring in stress and time burdens of a mortgage that overstretches you, "you're better off buying a house you can afford."

MONEY ORDER

No one likes paying bills, but if you devote an hour or two a week and a few square feet of space to it, you'll find that it's a lot less stressful and time-consuming. First, says Julie Morgenstern, author of *Organizing from the Inside Out*, don't get hung up on tricking out the perfect home office. "Look at where your piles are," she says, "and create your system there." For many families, that will be a nook in the kitchen, the dining room table, or a corner of the family room. Put bills in boxes or folders—organized around paydays—that you can stow away in a cabinet or sideboard. Give the family CFO (Mom) time to do her job, and "schedule something fun for immediately after," Morgenstern says.

PHOTOS: (DOLLAR HOME & MAIL) VEER

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RESOURCES

SOME PRODUCTS SHOWN EDITORIALLY IN BETTER HOMES AND GARDENS® MAGAZINE CAN BE OBTAINED LOCALLY. FOR MORE INFORMATION OR DEALER LOCATIONS, CONTACT MANUFACTURERS LISTED.

CORE VALUES

Pages 25-28: rubber stamps, red scrapbooking brads, white bags—Michael's; michaels.com for store locations.

HOME COMING

Pages 33-42: interior design—Bellacasa Design Assoc. Inc., Kevin Spearman; 4200 Research Forest Dr., The Woodlands, TX 77382; 281/419-5550; bellacasadesign.com.
Page 33: light fixture—Room & Board; for retail information; 800/301-9720; roomandboard.com. **Table**—no longer available. **Slipcovered chairs**—Lee Ind.; leeindustries.com for store locations. **Pillows**—Crate & Barrel; 800/967-6696; crateandbarrel.com (product line varies).
Page 34: butterfly pillow—NOLA Home; 612/374-4066. **Solid color pillows, throws,** Alpaca—Crate & Barrel (see previous). **Wing chair, wool herringbone**—Barclay Butera; 212/207-8665; barclaybutera.com. **Oak coffee table**—Four Hands; 512/371-7575; fourhands.com. **Suede chair,** "Pierre," **Zebra chair,** "Sophie", **wooden side table**—Oly Studio (to the trade); olystudio.com. **Brushed cotton sofa**—Baker Furniture; 800/592-2537; bakerfurniture.com. **Painted side table**—Chelsea Textiles; chelseatextiles.com. **Brass bowl, oil painting, copper bowl, mirror over fireplace, wooden container, fireplace cabinet, basket, drapery fabric, rug, globe, bowl**—antique, discontinued, or personal belongings.
Page 36: kitchen cotton rug—Dash & Albert through NOLA Home (see previous). **Granite honed absolute black countertops**—through your local supplier. **Range, refrigerator**—Viking Range Corp.; 888/845-4641; vikingrange.com. **Dishwasher**—Bosch; 800/866-2022; boschappliances.com. **Terrarium, assorted creamware, canisters, counter stools**—antique, discontinued, or personal belongings.
Page 38: walnut table—Roost (to the trade); roostco.com. **White twig chandelier**—Wish Designs (to the trade); 724/598-7793; deannawish.com. **Wicker chairs**—Mainly Baskets; mainlybaskets.com. **Wall sconces**—Urban Electric Co.; urbanelectricco.com.
Page 40: bed, "Helena" raffia and painted wood—Oly Studio (see previous). **Small stool, cotton and chrome**—Hickory Chair; hickorychair.com. **Art**—Z Gallerie; zgallerie.com. **Floor lamp, sconces, bath sconces**—Visual Comfort (to the trade) through Circa Lighting; circalighting.com. **Countertop,** Carrara marble—through your local supplier. **Bed linens, bedside table, mirror**—antique, discontinued or personal belongings.
Page 42: blue painted chest in entryway, reproduction—Eddy West; eddywest.com. **Shell bottles**—NOLA Home (see previous). **Baskets**—antique, discontinued, or personal belonging.

COLOR

Page 46: architectural, interior designer—Michael Abrams, Michael Abrams Ltd.; 773/248-3039; michaelabrams.com. **Sectional sofa, leather coffee table,** custom design—Michael Abrams, Michael Abrams Ltd. (see previous). **Coffee table,** without leather custom design—Room & Board; 800/486-6554; roomandboard.com. **Fabric for sofa, fabric for chair**—Donghia Furniture/Textiles Ltd. (to the trade); 800/366-4442; donghia.com. **Fabric for draperies,** "Seasons"—Brentano, Inc.; 847/657-8481; brentanofabrics.com.

CONNECT FOUR

Pages 50-57: architect—Larry Pappas, AIA, Pappas Design Group, 1110 Rosecrans St., Ste. 205, San Diego, CA 92106; 619/223-3710. **Interior designer**—Nancy Pappas, Pappas Design Group (see previous). **Contractor**—Kevin Core, Proj. Mgr., Checkal Construction Inc. 4483 Newport Ave., San Diego, CA 92107; 619/224-7173. **Cabinetmaker**—Eric Remley Cabinets, 4032 Helix St., Ste. 3235, Spring Valley, CA 91977; 619/379-4757. **Windows throughout**—Southland Windows; 800/225-8580; southlandwindows.com.
Pages 50-51: television—Vizio; vizio.com.
Pages 52-53: sofa, ottoman—Mitchell Gold + Bob Williams; for retail information call 800/789-5401; mgandbw.com. **Floral fabric for throw pillow**—Romo Fabrics; romofabrics.com. **Area rug**—Pottery Barn; 800/922-5507; potterybarn.com. Wii game—Nintendo; nintendo.com. **Throw**—Laura Ashley; lauraashley.com. **Round tray**—Crate & Barrel; 800/967-6696; crateandbarrel.com (product line varies). **Ceramic artichoke on tray**—Anthropologie; 800/309-2500; anthropologie.com. **Cabinet hardware**—Restoration Hardware; for more information call 800/762-1005; restorationhardware.com. **Backsplash tile**—European Tile Art; 858/452-5090. **Refrigerator**—Sub-Zero, Inc.; subzero.com. **Counter chairs**—IKEA; 800/434-4532; ikea.com. **Blue slipcovers,** custom by homeowner.
Pages 54-55: tablecloth, napkins—World Market; 877/967-5362; worldmarket.com (products may vary). **Dishes and bowls on table, white pitcher on counter**—Target; target.com. **Outdoor rug**—Pier 1 Imports; 800/245-4591; pier1.com. **Slate countertops**—Unique Stone Imports; 619/275-8300;unique-

RESOURCES

stoneimports-sd.com. **Cooktop**—Wolf Appliances; wolfappliance.com. **White wood stools**—Pottery Barn (see previous). **Green bowl**—Sur La Table; 800/243-0852; surlatable.com. **Netbook**—Dell; dell.com.
Pages 56-57: computer—Dell; dell.com. **Teac Retro Radio,** SLD-80B—Restoration Hardware (discontinued). **White denim slipcovers on chair and ottoman**—A Little of This and the Other, Tamerie Shriver; 619/435-4098. **Wall sconces**—Circa Lighting; circalighting.com.

HIDDEN HQ
Page 60: wall color, #SW6686 (Lemon Chiffon), **mirror color,** #SW6682 (June Day)—Sherwin-Williams; 800/474-3794; sherwin-williams.com. **Mirror with custom paint,** "Allen + Roth"—Lowe's Co., Inc.; 800/445-6937; lowes.com. **Rug** (Birmingham)—Dash & Albert Rug Co.; 800/442-8157; dashandalbert.com. **Painted tray** (Gulfwinds)—BEHR Paint through Home Depot; 800/854-0133; behr.com. **Tray**—Target; target.com. **Binders**—Staples; 800/378-2735; staples.com.
Page 62: butterfly paper in drawer—Paper Source; 888/727-3711; paper-source.com.
Page 65: shredder, Aurora AS810SD 13—Amazon.com. **Name labels on clear files,** Avenir type/caps (Turquoise)—Wonderful Graffiti; wonderfulgraffiti.com.

NATURAL WONDERS
Pages 66-70: photos on canvas—Winkflash; winkflash.com. **Table**—West Elm; westelm.com. **Chairs**—Herman Miller; hermanmiller.com. **Paint for acorn ornaments**—Montana Cans; montana-cans.com. **Bowl, plates, drinking glasses**—Sticks; sticks.com. **Silver tray, burlap runner, place-mats**—Pottery Barn; potterybarn.com. **Stretcher bars**—Michael's Arts & Crafts; michaels.com.

6 WAYS TO REST EASY
Page 72-76: interior designer—Carrie Hicks; carriehicks@gmail.com.
Page 72: headboard, Randall K (to the trade); 800/243-4223; randallk.com. **Side tables**—Sonno (to the trade); 512/452-4005; sonnodomesticliving.com. Bamboo quilted bedding, "Homesource"—Fine Linens; 877/454-6366; finelinens.com. **"Diamond Pique" pillow shams**—Matouk; matouk.com. **Lamps, large bed pillow**—Shabby Slips; 504/897-5477. **"Scrolled Soleil" mirrors**—Plantation Home; 323/930-5674; plantationdesign.com.
Page 74: settee—Wildflower Organics; 512/320-0449; wildflowerorganics.com. **Thomas Paul blue pillow**—CSN Stores; 800/593-5251; CSNstores.com. **Brown pillow, "Chinoiserie" bird pillow**—Dwell Studio; 877/993-9355; dwellstudio.com. **"Scrolled Soleil" mirrors**—Plantation Home (see previous).
Page 76: "Birds & Thistle" cotton curtain fabric (Beige)—Brunschwig & Fils; 914/684-5800; brunschwig.com. **"Mullin Tufed Chair"**—Wildflower Organics (see previous). **Coffee table**—Hickory Chair; hickorychair.com. **Rug**—Dash & Albert; 800/658-5035; dashandalbert.com.

THEN AGAIN
Pages 81-87: architecture/design—Mila Goldman Moore; 972/342-5058; mgmarch.com.
Pages 82-83: "Petrie" apartment sofa, #668268, **rug**—Crate & Barrel; 800/967-6696; crateandbarrel.com (product line varies). **135 Lounge Armchair, coffee table** (discontinued)—De La Espada (to the trade); delaespada.com. **Track lighting in living room, kitchen**—Solavanti Lighting; solavantilighting.com. **Bonita Ahuja silk pillow**—Gardens; 512/451-5490; gardens-austin.com. **Pillow, rug**—West Elm; 888/922-4119; westelm.com. **Print,** Brian Gibb—Art Prostitute; 940/300-6669; artprostitute.com. **Flash cards,** Charlie Harper—Anthropologie; 800/309-2500; anthropologie.com. **Bench, side table, lamp, textile on bench**—vintage. **"Varde" freestanding cabinets, canisters, Node table, Molger Mirror**—IKEA; 800/434-4532; ikea.com. **Orange tea towel**—Marimekko.fi/eng. **Artwork**—Roger Moore; 972/333-6482; rogermoorephotography.com. **Tripod fruit bowl,** Sebastain Bergne—Nasher Sculpture Center Store; 214/363-8844;nashersculpturecenter.org. **Red flower pots,** Node—EQ3; eq3.com. **Arne chairs,** Series 7 #3107 "Jacobsen"—Fritz Hansen; fritzhansen.com.
Pages 84-85: jewelry chest—West Creek Studio; 888/850-9351; westcreekstudio.com. **Prints**—Camilla Engman; camillaengman.com. **Walnut bed,** "Atlantico" #011—De La Espada (to the trade) (see previous). **"Matchstick" pillow**—Room & Board; 800/301-9720; roomandboard.com. **Dresser, mirror, chair**—vintage. **Green jade bowl**—Gardens (see previous). **White duvet,** "Eden"—CB2; 800/606-6252; cb2.com. **Orange bed cover, child's easel**—IKEA (see previous). **Wire sculpture**—Lawrence Essentials; 888/850-9315; lawrenceessentials.com. **Child's duvet,** Isaac Mizrahi "Peony" (similar styles available online), **pink owl**—Target Stores; target.com (product line varies). **Wool rug**—Wools of New Zealand; woolsofnewzealand.com. **Ceiling pom poms**—Martha Stewart for Walmart; walmart.com. **Wall paint,** Mythic colors: #115-3, #115-4, #115-5—American Pride Paint; americanpridepaint.com. **Cat print, Chinese paper-cut**—Etsy.com. **Number animals,** Safari—Elly Nelly; ellynelly.com. **Child's rocking chair**—Argington; argington.com. **Mirror, bed**—vintage.

WAKE UP CALL
Page 88: vanity, "Estate" Oak Richmond #176501 with custom paint, **Delta Victorian light fixture**—Lowe's; lowes.com. **Vanity paint** (Deep Creek #1447)—Benjamin Moore & Co.; benjaminmoore.com. **Colonial ogee feet**—Osborne Wood Products; osbornewood.com. **Price Pfister faucet**—Home Dept; homedepot.com. **Floor tile**—Daltile; daltile.com. **Barley twist shield mirror**—Shades of Light; shadesoflight.com. **Pintuck trellis shower curtain**—Better Homes and Gardens product through Walmart; walmart.com. **Bamboo shower curtain rings**—Bungalow Beach Designs; bungalowbeachdesigns.com. **Dental organizer,** Wamsutta—Bed Bath & Beyond; bedbathandbeyond.com. **Wallpaper,** Waterlily Collection "Fusion Trellis" (Aqua)—Thibaut Design; thibautdesign.com. **Bamboo knobs**—Atlas Housewares; atlashomewares.com. **Blue lacquer boxes**—Pacific Connections USA; pacificconnectionsusa.com. **Espresso tower**—J.C. Penney; jcpenney.com.

30 IDEAS FOR A LIVABLE LIVING ROOM
Page 91: RCA 8 Device Remote with Advanced DNR, dvd and HDTV functions, RCR812N—Amazon.com.
Page 92: lamp—Target; target.com.
Page 97: lacquer box—Pacific Connections; 415/285-2873; pacificconnectionsusa.com.

COLOR TO GROW
Page 104: birdbath and wicker chairs—flea market finds. **Table** (firepit with homemade table top), **firepit**—Ace Hardware; 866/290-5334; acehardware.com.

PLEASED TO GREET YOU
Pages 108-115: landscape designer—Rhonda P. Mindrum, Abbotswood Ltd., PO Box 65, Terrace Park, OH 45243; 513/615-2964. **Builder**—Steve Bolyard, Bolyard Custom Woodworks, 4828 Prospect Ave., Cincinnati, OH 45242; 513/708-4575. **Furniture, runner, napkins**—Pottery Barn; 800/922-5507; potterybarn.com.

GRASS ACT
Pages 118-124: tufted hairgrass (*Deschampsia caespitosa* 'Northern Lights'), **Soft Rush** (*Juncus effusus* 'Quartz Creek'), **Toffee Twist Sedge** (*Carex flagellifera*), **Purple Fountaingrass** (*Pennisetum*

LEGAL NOTICE

If you used your Credit or Debit Card in the United States between December 26, 2007 and December 31, 2008, you could get benefits from a class action settlement involving Heartland Payment Systems.

Para una notificación en Español, llamar o visitar nuestro website.

A settlement has been reached with Heartland Payment Systems, Inc. in a class action lawsuit about a 2008 intrusion into credit and debit card information processed by Heartland. The settlement provides benefits to those consumers who file valid claims for losses from the intrusion.

The United States District Court for the Southern District of Texas will hold a hearing to decide whether to give final approval to the settlement, so that the benefits can be issued to those with valid claims. Those included have legal rights and options, such as excluding themselves from or objecting to the settlement. Eligible Class Members can submit a claim for benefits from the settlement. Get a detailed notice at www.HPScardholdersettlement.com.

Heartland denies any claims of wrongdoing in this case, and the settlement does not mean that Heartland violated any laws or did anything wrong.

WHO'S INCLUDED?

The Class includes everyone in the United States who had or has a payment card (credit or debit) that was used in the United States from December 26, 2007 to December 31, 2008 (the "Settlement Class Period"), and who claims or may claim "Losses," which are certain unreimbursed out-of-pocket expenses (including identity-theft-related charges) or lost time. To have a valid claim, it must be determined that your card was processed by Heartland during the Settlement Class Period. For more information, read the detailed notice referred to below.

WHAT DOES THE SETTLEMENT PROVIDE?

To make a valid claim for reimbursement of "Losses" under the settlement, you must submit documentation showing that you had unreimbursed, out-of-pocket expenses or lost time because your credit or debit card account information was stolen or placed at risk of being stolen as a result of the Heartland intrusion.

a) Qualifying losses are telephone or postage costs, other third-party charges resulting from card cancellations or replacements, unauthorized and unreimbursed account charges, identity-theft-related charges, or time spent to address those matters. Valid claimants can receive reimbursements up to $175 per Settlement Class Member, with no more than two valid claims allowed per household.

b) In the event the losses in a valid claim include identity-theft-related charges, claimants can receive reimbursements of up to $10,000. To qualify as "identity-theft-related," the charges must result from someone's assuming the claimant's identity as a result of the Heartland intrusion and taking out and using credit or otherwise obtaining monies or other things of value fraudulently in the name of the claimant. The identity-theft-related charges must be separate and apart from any charges on the affected credit or debit card account itself.

c) All claims must include the number and expiration date of the payment card account for determination whether the card was processed by Heartland during the Settlement Class Period and evaluation of the claim. The Claims Administrator will determine, on a "more likely than not" basis, whether the documentation submitted by the claimant supports the claim, including whether the loss resulted from the Heartland intrusion. Reimbursements will be reduced proportionally if the amount payable on all valid and final claims exceeds $2.4 million.

For more information, including limitations and conditions on these benefits, read the detailed notice referred to below.

HOW DO YOU ASK FOR BENEFITS?

Eligible Class Members can call 1-877-271-1547 or go to the website for a claim form, then fill it out, sign it, include the documentation it requires, and mail it to the address on the form. The deadline to make a claim for benefits is **August 1, 2011**.

YOUR OTHER OPTIONS.

If you do not want to be legally bound by the settlement, you must exclude yourself by **November 19, 2010**, or you will not be able to sue, or continue to sue, Heartland about the legal claims this settlement resolves, ever again. If you exclude yourself, you cannot get any benefits from the settlement. If you stay in the Settlement Class, you may object to it by **November 19, 2010**. The detailed notice explains how to exclude yourself or object.

The Court will hold a hearing in this case, known as *In re: Heartland Payment Systems, Inc. Customer Data Security Breach Litigation*, No. 4:09-MD-2046, on **December 10, 2010**, to consider whether to approve the settlement, and a request by Class Counsel for fees of up to $725,000, costs and expenses of up to $35,000, and incentive awards of $100 to $200 for each named plaintiff who filed a lawsuit in the case. You or your own lawyer may ask to appear and speak at the hearing at your own cost, but you do not have to do so. For more information, go to the website shown below, which has a copy of the detailed notice.

www.HPScardholdersettlement.com

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RESOURCES

setaceum 'Rubrum'), **Creeping Jenny** (*Lysimachia nummularia* 'Goldilocks')—Proven Winners; provenwinners.com. **Golden Hakone Grass** (*Hakonechloa macra* 'Aureola')—Perennial Resource; perennialresource.com. Spring Hill Nurseries; springhillnursery.com. **'Bright Lights' Swiss Chard, 'Redbor' Flowering Kale**—Park Seed Co.; parkseed.com. ***Carex Siderosticha* 'Island Brocade'**—Joy Creek Nursery; joycreek.com. Variegated Foliage Nursery; variegatedfoliage.com.

THE GARDENER

Pages 136-143: lettuce, spinach, and Swiss chard seeds—Park Seed Co.; parkseed.com. **Butterfly plants**—Prairie Nursery; prairienursery.com. White Flower Farm; whiteflowerfarm.com. **California poppy, lupine, and gilia**—Annie's Annuals & Perennials; anniesannuals.com. **'Invincible' Hosta**—The Hosta Farm; thehostafarm.com. **'Sun Power' Hosta**—Perennial Resource; perennialresource.com. **'Sunny Delight' Hosta**—Naylor Creek Nursery; naylorcreek.com. **'Squash Casserole' and 'Fried Banana' Hosta**—Plant Delights Nursery, Inc.; plantdelights.com. **'Fragrant Bouquet' Hosta**—Bluestone Perennials, Inc.; bluestoneperennials.com.

FEAT OF CLAY

Page 144: E6000 adhesive—Michaels; michaels.com; also available at retailers nationwide. **Clay pot sealer**—Plaid; 800/842-4197; plaidonline.com.

BEAUTY

Page 153: Shiseido The Makeup Automatic Lip Crayon—fine department stores; sca.shiseido.com. **Jemma Kidd Iridescent Eye Silk Crayon**—Target stores; target.com. Sephora Jumbo Pencil—Sephora stores; sephora.com. **Make Up For Ever Pearly Waterproof Eye Shadow Pencil**—select Sephora stores; sephora.com; makeupforever.com. **Almay Bright Eyes Liner/Highlighter Duo**—mass market retailers nationwide; almay.com. **Mark Mini Mark It Hook Up Stick for Eyes**—Avon representatives; meetmark.com.

Page 154: Fresh Eat, Pray, Love Perfumes—Fresh retail stores; fresh.com. **Amore Pacific Treatment Cleansing Soap**—select fine department stores; 877/552-6673. **Laszlo Blue Firmarine Treatment bar**—select fine department stores; ernolaszlo.com. **Arcona Berry Fruit Bar**—specialty stores; arcona.com. **Clinique Acne Solutions Cleansing Bar**—fine department stores nationwide; clinique.com. **Burt's Bees Garden Carrot Complexion Soap**—mass market retailers nationwide; burtsbees.com. **Fresh Umbrian Clay Treatment Bar** (see previous). **CoverGirl Smoky ShadowBlast**—mass market retailers nationwide; covergirl.com. **Clinique Even Better Clinical Dark Spot Corrector**—fine department stores nationwide; clinique.com. **Goody Simple Styles hair products**—mass market retailers nationwide; goody.com.

Pages 156-158: L'Oréal Paris Studio Secrets Professional Magic Perfecting Base—mass market retailers nationwide; lorealparisusa.com. **Clinique Supermoisture Makeup** (see previous). **Boots No 7 Radiant Glow Concealer**—Target stores; target.com; us.boots.com. **Laura Geller Eye Spackle**—Sephora stores; sephora.com; lauragellercom. **Sally Hansen Natural Beauty Forever Stay Eye Pencil**—mass market retailers nationwide; sallyhansen.com. **Revlon Brow Fantasy**—mass market retailers.com; revlon.com. **L'Oréal Double Extend Beauty Tubes** (see previous). **Philosophy Healthy Cream Blush**—Sephora stores; sephora.com; philosophy.com. **Laura Mercier Sheer Lip Color**—Sephora stores; sephora.com; lauramercier.com. **Laura Geller Baked Marble Eyeshadow**—Sephora stores; sephora.com; lauragellercom. **Paula Dorf Eye Liner Enhancer**—Sephora stores; sephora.com; pauladorf.com. **Maybelline Sensational Shine Lip Gloss**—mass market retailers nationwide; maybelline.com. **Smashbox Soft Lights**—Sephora and Ulta stores; sephora.com; ulta.com; smashbox.com. **Mirabella Perfecting Lip Definer**—mirabellabeauty.com.

I DID IT

Page 256: architect—Sheri Newbold; 206/726-0077; live-work-play.net. **Contractor**—Ventana Construction; 206/932-3009; ventanabuilds.com. **Glass tile**—Mosaic Tile Mania; mosaictilemania.com. **Cabinets**—Pete's Cabinets; 425/353-1053. **Kitchen island, "Groland"**—IKEA; 800/434-4532; ikea.com. **Colored bowls, dish towel, small green casserole**—Crate & Barrel; 800/967-6696; crateandbarrel.com (product line varies). **Small glass measuring bowl**—Pyrex; pyrexware.com. **Green French oven**—Le Creuset; lecreuset.co.uk/en-us. **Countertops**—Paperstone; paperstone.com. **Range hood, "Best"**—Broan; broan.com. **Cooktop**—Miele; miele.com. **Windows**—Marvin; marvin.com.

IT'S WHERE LIFE HAPPENS PHOTO CONTEST

Subject to Official rules at BHG.com/ItsWhereLifeHappens. No purchase necessary to enter or win. To enter, visit BHG.com/ItsWhereLifeHappens. Click the button to enter. Then complete the registration and follow the instructions to upload one (1) album of photos (up to six (6) photos) of the special moments you share with family and friends in your home. One album is one entry. One entry per person. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. The BHG It's Where Life Happens Photo Contest entry period begins on June 3, 2010 and ends on September 30, 2010. Entries must be received by 11:59 p.m. C.T., on September 30, 2010. Void where prohibited. Sponsor: Meredith Corporation

FALL $500 WALKING CHALLENGE

No purchase necessary to enter or win. Subject to Official Rules and entry at bhg.com/walk. The Fall $500 Walking Challenge begins 08/10/2010 and ends 9/30/2010. Entries must be received by 11:59 p.m., E.T., on 9/30/2010. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. Void where prohibited. Sponsor: Meredith Corporation

$20,000 WELL SPENT SWEEPSTAKES

No purchase necessary to enter or win. Subject to Official Rules and entry at bhg.com/wellspent. The $20,000 Well Spent Sweepstakes begins 07/01/10 and ends 9/30/10. Entries must be received by 11:59 p.m., E.T., on 9/30/10. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per email address per day. Void where prohibited. Sponsor: Meredith Corporation

$1,000 MAD FOR PLAID CONTEST

Subject to Official Rules at mixingbowl.com/MadforPlaidRecipeContest. No purchase necessary to enter or win. The "Mad for Plaid Recipe Contest" begins August 1, 2010 and ends October 9, 2010. Entries must be received by 11:59 p.m., C.T., on October 9, 2010. The grand prize is $1,000. Open to legal residents of the 50 United States and District of Columbia, 18 years or older. Void where prohibited. Sponsor: Meredith Corporation.

BEST NEW PRODUCT

No purchase necessary to enter or win. Subject to Official Rules and entry at BHG.com/awards. The Better Homes and Gardens Best New Products Awards 2011 Sweepstakes begins July 1, 2010, and ends August 20, 2010. Entries must be received by 11:59 p.m., C.T. on August 20, 2010. Open to legal residents of the 50 United States, and the District of Columbia, 18 years or older. One entry per email address. Void where prohibited. Sponsor: Meredith Corporation

LEGAL NOTICE

If you purchased Wrigley Eclipse® Gum or Mints in Packaging with a "NATURAL GERM KILLING" message in the United States, you may be entitled to a cash refund from a class action settlement.

Para una notificación en Español, visite nuestro sitio Web, www.EclipseSettlement.com

A proposed settlement has been reached in a class action lawsuit about Wrigley's advertising for Eclipse® gum and mints with Magnolia Bark Extract and its "germ kill" benefit. The lawsuit claims the advertising was not true. Wrigley stands by its advertising and denies it did anything wrong. However, Wrigley has settled to avoid the cost and distraction of litigation. If you're a Class Member, you may send in the Claim Form below to get up to $10. PLEASE NOTE: Any money left over from this settlement will be donated to one or more charities. By not submitting this Claim Form, you will make more money available for charitable donation.

A Federal Court authorized this notice. Before any money is paid, the Court will have a hearing to decide whether to approve the settlement.

Am I a Class Member? You're a Class Member if you purchased, not for resale purposes, Eclipse® gum or mints in packaging with a "NATURAL GERM KILLING" message in the United States after June 1, 2008 up until the present.

What does the settlement provide? A cash fund of up to $7 million will be created to reimburse Class Members for the Eclipse® gum they purchased and to pay case-related fees and expenses. Details about how much you may receive are available on the Claim Form below and at www.EclipseSettlement.com.

What are my options? To ask for cash and remain in the Class, ***you must mail or submit a completed Claim Form online by January 24, 2011.*** If you do not wish to participate in the settlement, you may exclude yourself from the Class by October 4, 2010, or you may stay in the Class and object to the settlement by October 4, 2010. Visit the website for important information about these options.

The Court will hold a hearing on November 5, 2010 to consider the settlement and Class Counsel's request for up to $2 million in attorneys' fees, plus expenses. You don't have to attend the hearing. For more information, visit www.EclipseSettlement.com.

Smith v. Wm. Wrigley Jr. Company

CLAIM FORM

You can also file online at: www.EclipseSettlement.com

If submitting a claim for up to $5.00, you must complete the required information below. If submitting a claim for up to $10.00, you must complete the required information below and sign the Affirmation that you purchased the specified Product(s). All Claim Forms must be postmarked or submitted online by January 24, 2011.

PLEASE NOTE: Any money left over from this settlement will be donated to one or more charities. By not submitting this Claim Form you will make more money available for charitable donation.

If mailing, please return this form to: Smith v. Wm. Wrigley Jr. Company, c/o The Garden City Group, Inc., PO Box 9485, Dublin, OH 43017-4585.

CLASS MEMBER INFORMATION

NAME:		
TELEPHONE OR EMAIL:		
ADDRESS:		
CITY:	STATE:	ZIP CODE:

PURCHASE INFORMATION

Please provide the following information about the purchases of Wrigley Eclipse® gum or mints with "NATURAL GERM KILLING" for which you seek recovery. If additional space is required, please attach additional pages. If you seek more than $5.00, you may recover up to $10.00 by also signing the Affirmation below.

PRODUCT (WRIGLEY ECLIPSE® GUM OR MINTS)		
DATES OF PURCHASES (MONTH & YEAR)*		
APPROXIMATE DOLLAR AMOUNT SPENT		
LOCATIONS OF PURCHASES (STORE, CITY & STATE)		

*Purchases must have been made after June 1, 2008

AFFIRMATION (IF YOU SEEK MORE THAN $5.00)

UNDER PENALTY OF PERJURY, I AFFIRM THAT I PURCHASED THE LISTED WRIGLEY ECLIPSE® GUM OR MINTS IN PACKAGING WITH A "NATURAL GERM KILLING" MESSAGE IN THE UNITED STATES.

SIGNATURE:_____ DATE:_____

CLAIM FORMS MUST BE POSTMARKED OR SUBMITTED ONLINE BY JANUARY 24, 2011

QUESTIONS? VISIT **WWW.ECLIPSESETTLEMENT.COM**

I did it!

"I smile every time I see my beautiful backsplash. It's so much better than I ever expected." **JENNIFER BARTLETT**

THE KITCHEN BACKSPLASH TILE Jennifer Bartlett wanted for the Seattle home she shares with her sister, Wendy, had a hefty price tag. So Jennifer, a graphic designer, put her creative skills to work. She designed a tile pattern on her computer, then went online to buy stained glass in sheets and ¾-inch squares. Using glass-cutting tools, she cut center circles from the large pieces and snipped some of the square tiles to fit the pattern. Jennifer positioned each glass piece on a sticky fiberglass mesh laid over color printouts of the design, creating large "mats" that she handed to a professional tile installer. The result? An affordable backsplash and a sense of accomplishment. "Now I know I could totally do another project this big," she says. —**LORALEE WENGER**

For buying information see page 253.

Send your I did it! to ididit@meredith.com.

PHOTO: MARSHALL JOHNSON.

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TURN ON TOMORROW

CAN SCIENTIFIC STUDIES AND BEAUTY MAGAZINES AGREE

on what's effective in anti-aging skin care?

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